

FACTS ABOUT THE .08 BAC STANDARD

.08

DON'T BLOW IT!

■What is the .08 BAC Standard for Driving While Intoxicated?

Blood alcohol concentration (BAC) is defined as the level of alcohol in the bloodstream. As the number of alcoholic beverages consumed over a period of time increases, so does the BAC. At .08% BAC, virtually everyone, including habitual drinkers, experiences some degree of driving skill impairment affecting eye movement, judgment, coordination, concentration and reaction time.

In a study published in the *Journal of Studies on Alcohol* (May 2000), results showed that a driver with a .08 BAC can be up to 50 times more likely to die in a crash than if he was completely sober (.00 BAC).

■What .08 BAC means to the average driver.

Anyone drinking alcohol in New York State should consider the following facts before getting into the driver's seat:

- A 170 Pound male is at .08% BAC after four drinks within one hour.
- A 140 pound female is at .08% BAC after three drinks within one hour.

■A drink is a drink is a drink.

Each of the following drinks contains an equal amount of alcohol:

- 12 oz. Can of beer at 5% alcohol content
- 5 oz. Glass of wine at 12% alcohol content
- 1 ½ oz. Shot of 80 proof liquor
- 12 oz. Wine cooler at 5% Alcohol content

■Alcohol content between products will vary considerably depending on container size and percentage of alcohol.

The degree of impairment depends on numerous factors including:

- The amount of alcohol you drink.
- Whether you have eaten before or while drinking (food slows absorption of alcohol into the bloodstream).
- Your body weight and percentage of body fat (fat does not absorb alcohol).
- The length of time spent drinking. Note also your rate of consumption.

Coffee can not make someone sober. Only time can make someone sober. It takes at least one hour per drink for the alcohol to leave the body's system.

THINK BEFORE YOU DRINK!