

ALCOHOL

Blood Alcohol Concentration and Behavioral Effects

Percent BAC	Behavioral Effects
0.05	Lowered alertness, usually good feeling, release of inhibitions, impaired judgment
0.10	Slower reaction times and impaired motor function, less caution
0.15	Large, consistent increases in reaction time
0.20	Marked depression in sensory and motor capability, intoxication
0.25	Severe motor disturbance, staggering, sensory perceptions, great impairment
0.30	Stuporous but conscious—no comprehension of what's going on
0.35	Surgical anesthesia; about LD ₁₀ , minimal level causing death
0.40	About LD ₅₀

LD = Legally Dead

Table 9.2
Relationships among Gender, Weight, Alcohol Consumption, and Blood Alcohol Concentration

BLOOD ALCOHOL CONCENTRATIONS (g/100 ml)							
Absolute Alcohol (ounces)	Beverage Intake*	Female (100 lb)	Male (100 lb)	Female (150 lb)	Male (150 lb)	Female (200 lb)	Male (200 lb)
1/2	1 oz spirits† 1 glass wine 1 can beer	0.045	0.037	0.03	0.025	0.022	0.019
1	2 oz spirits† 2 glasses wine 2 cans beer	0.090	0.075	0.06	0.050	0.045	0.037
2	4 oz spirits† 4 glasses wine 4 cans beer	0.180	0.150	0.12	0.100	0.090	0.070
3	6 oz spirits† 6 glasses wine 6 cans beer	0.270	0.220	0.18	0.150	0.130	0.110
4	8 oz spirits† 8 glasses wine 8 cans beer	0.360	0.300	0.24	0.200	0.180	0.150
5	10 oz spirits† 10 glasses wine 10 cans beer	0.450	0.370	0.30	0.250	0.220	0.180

*In one hour
†100-proof

Signs of Alcohol Poisoning

Although most alcohol-related deaths among college students are due to accidents, every year we hear of tragedies involving college students who simply drink themselves to death. You might be in a position to save someone's life if you know the signs of alcohol poisoning and what to do.

Signs:

1. The person is unconscious or semiconscious (unable to answer simple questions).
2. Breathing rate is slow (less than 8 breaths per minute) or irregular (10 seconds between any two breaths).
3. The person's skin is cold and clammy, pale or has a bluish tinge.
4. Vomiting and then losing consciousness.

What to do:

1. NEVER leave someone who is this drunk alone to "sleep it off."
2. Call 911 if the person is unconscious or incoherent.
3. If you have been drinking, try to get someone who is sober to help, BUT don't be afraid to call for help yourself. Many colleges have formal "medical amnesty" policies, meaning you can't get in trouble for helping someone who is in a medical emergency.
4. Monitor breathing while waiting for help, and roll the person on his or her side to keep vomit from drowning them. If the person does vomit, be sure to clear the airway.