<table>
<thead>
<tr>
<th>BLOOD ALCOHOL CONCENTRATION (BAC)</th>
<th>TYPICAL EFFECTS</th>
<th>PREDICTABLE EFFECTS ON DRIVING</th>
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</table>
| .02%                            | • Some loss of judgment  
• Relaxation  
• Slight body warmth  
• Altered mood | • Decline in visual functions (rapid tracking of a moving target)  
• Decline in ability to perform two tasks at the same time (divided attention) |
| .05%                            | • Exaggerated behavior  
• May have loss of small-muscle control (e.g., focusing your eyes)  
• Impaired judgment  
• Usually good feeling  
• Lowered alertness  
• Release of inhibition | • Reduced coordination  
• Reduced ability to track moving objects  
• Difficulty steering  
• Reduced response to emergency driving situations |
| .08%                            | • Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing)  
• Harder to detect danger  
• Judgment, self-control, reasoning, and memory are impaired | • Concentration  
• Short-term memory loss  
• Speed control  
• Reduced information processing capability (e.g., signal detection, visual search)  
• Impaired perception |
| .10%                            | • Clear deterioration of reaction time and control  
• Slurred speech, poor coordination, and slowed thinking | • Reduced ability to maintain lane position and brake appropriately |
| .15%                            | • Far less muscle control than normal  
• Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol)  
• Major loss of balance | • Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing |

1 Information in this table shows the BAC level at which the effect usually is first observed, and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, the National Commission Against Drunk Driving, and [http://www.webMD.com](http://www.webMD.com).