ALCOHOL CONCENTRATION WORKSHEET

To estimate your own personal limit to avoid future problems related to a drinking and driving violation, you can use the following steps to calculate the maximum number of drinks you can have at any time.

Remember, in order for this limit to be helpful, you must decide what is low risk drinking before you begin drinking. Research has shown clearly that a person who has started to drink will underestimate his/her Alcohol Concentration (AC) level.

Step 1: Determine your weight_____.

Step 2: Using the appropriate AC chart on page 7, find the column that is closest to your weight. If your weight is between two columns, use the lower weight column to insure that your calculations will be within limits that are legal and low risk.

Step 3: Read down the column you located in Step 2 that is closest to your weight until you find an AC level of .04. This is the highest AC level you can reach without showing significant impairment of body functions and skills that affect your driving and other behavior.

Step 4: To calculate your AC level subtract the time factor from the figure on the chart to obtain the approximate AC. For example, for a 160 lb. man who has had 4 drinks in two hours, take the figure .09 (from the chart for males) and subtract .03 (from the Time Factor Table) to obtain an AC of .06%.

Body Weight: Calculations are for people with a normal body weight for their height, free of drugs or other affecting medication and neither unusually thin nor obese.

Driving: There are two ways to ensure that your AC level does not impair your ability to drive: (1) pace your drinks at a rate that never results in a cumulative AC level of greater than .04 or (2) allow enough time after drinking for the body to eliminate enough alcohol so that the AC level remaining is not greater than .04 before you drive.

The only low risk method is to pace your drinks so you never reach an AC level which will impair your driving. As stated earlier, judgment is one of the first areas impaired by alcohol and once you have exceeded a .04 AC level it becomes increasingly difficult to accurately assess your level of impairment.

If you drink enough alcohol to go beyond an AC level of .04 or higher, the best thing to do is not to drive and find another person to drive you or call a cab. If neither of those options is available, the following Time Factor Table will help you determine when enough alcohol will have been eliminated from your body to reduce your AC level to below .04.

This is extremely important because it is possible for a person who has consumed a large amount of alcohol to stop drinking late at night, sleep for several hours and still have an AC level high enough to significantly impair their driving the next morning.

Step 5: Now calculate the maximum number of drinks you can have without reaching an AC level of .04 in

1 Hour _____

2 Hours _____

3 Hours _____

4 Hours _____

5 Hours _____

NOTE: Be sure to subtract .015 for each hour after drinking including the first.

TIME FACTOR TABLE							
Hours since first drink							
1	2	3	4	5	6	7	8
Subtract from AC level							
.015	.030	.045	.060	.075	.090	.105	.120

Table 6

ESTIMATING TABLE FOR WOMEN								
	body weight pounds							
Drinks	**100**	**120**	**140**	**160**	**180**	**200**	**220**	**240**
0	0	0	0	0	0	0	0	0
1	.05	.04	.03	.03	.03	.02	.02	.02
2	.09	.08	.06	.06	.05	.05	.04	.04
3	.14	.11	.10	.09	.08	.07	.06	.06
4	.18	.15	.13	.11	.10	.09	.08	.08
5	.23	.19	.16	.14	.13	.11	.10	.09
6	.27	.23	.19	.17	.15	.14	.12	.11
7	.32	.27	.23	.20	.18	.16	.14	.13
8	.36	.30	.26	.23	.20	.18	.17	.15

ESTIMATING TABLE FOR MEN									
	body weight pounds								
Drinks	**100**	**120**	**140**	**160**	**180**	**200**	**220**	**240**	**260**
0	0	0	0	0	0	0	0	0	0
1	.04	.03	.03	.02	.02	.02	.02	.02	.01
2	.07	.06	.05	.05	.04	.04	.03	.03	.03
3	.11	.09	.08	.07	.06	.06	.05	.05	.04
4	.15	.12	.11	.09	.08	.07	.07	.06	.06
5	.19	.16	.13	.12	.10	.09	.08	.08	.07
6	.22	.19	.16	.14	.12	.11	.10	.09	.09
7	.26	.22	.19	.16	.15	.13	.12	.11	.10
8	.30	.25	.21	.19	.17	.15	.14	.12	.11