

<b>Blood Alcohol Concentration (BAC)</b>	<b>Typical Effects</b>	<b>Predictable Effects of Driving</b>
<b>.02%</b>	<ul style="list-style-type: none"> <li>• Some loss of judgment</li> <li>• Relaxation</li> <li>• Slight body warmth</li> <li>• Altered mood</li> </ul>	<ul style="list-style-type: none"> <li>• Decline in visual functions (rapid tracking of a moving target)</li> <li>• Decline in ability to perform two tasks at the same time (divided attention)</li> </ul>
<b>.05%</b> (Provincial Offence – 24 hour suspension)	<ul style="list-style-type: none"> <li>• Exaggerated behavior</li> <li>• May have loss of small-muscle control (e.g., focusing your eyes)</li> <li>• Impaired judgment</li> <li>• Usually good feeling</li> <li>• Lowered alertness</li> <li>• Release of inhibition</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced coordination</li> <li>• Reduced ability to track moving objects</li> <li>• Difficulty steering</li> <li>• Reduced response to emergency driving situations</li> </ul>
<b>.08%</b> (Federal Criminal Offence) (Scientific research shows because of impairment at this level people cannot drive)	<ul style="list-style-type: none"> <li>• Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing)</li> <li>• Harder to detect danger</li> <li>• Judgment, self-control, reasoning, and memory are impaired.</li> </ul>	<ul style="list-style-type: none"> <li>• Concentration</li> <li>• Short-term memory loss</li> <li>• Speed control</li> <li>• Reduced information processing capacity (e.g., signal detection, visual search)</li> <li>• Impaired perception</li> </ul>
<b>.10%</b>	<ul style="list-style-type: none"> <li>• Clear deterioration of reaction time and control</li> <li>• Slurred speech, poor coordination, and slowed thinking</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced ability to maintain lane position and brake appropriately</li> </ul>
<b>.15%</b>	<ul style="list-style-type: none"> <li>• Far less muscle control than normal</li> <li>• Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance</li> <li>• for alcohol</li> <li>• Major loss of balance</li> </ul>	<ul style="list-style-type: none"> <li>• Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing</li> </ul>

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>.