

# **Alcohol BAC Level**

**(The amount of alcohol in the blood)**

## **BAC Level**

## **Effects**

**.04% - .05%**

**Judgement, speech and motor skills are affected**

**.08% - .10%**

**Reflexes and judgement are clearly impaired**

**.2%**

**Could result in Unconsciousness**

**.3%**

**Could result in coma**

**.4% - .5%**

**Could cause death due to suppression of the brain's breathing center, the cerebellum**

# **Japanese Proverb on Alcohol**

**“First the man takes a drink”**

**“Then the drink takes a drink”**

**“Then the drink takes the man”**