

Alcohol Intoxication & Intervention Scale

Alcohol affects each individual differently. The effect of alcohol on a person will vary according to the person's mood, the time of day, amount of food in the stomach, the mixer used, how fast the person drinks, and what and why they are drinking. There are a variety of positive and negative consequences related to drinking.

Blood Alcohol Level

Once you know the definition of one standard drink (see chart to the right), you can estimate your Blood Alcohol Level (BAL). BAL levels represent the percent of your blood that is concentrated with alcohol. A BAL of .10 means that .1% of your bloodstream is composed of alcohol.

Some key factors that affect BAL:

- How many standard drinks you drink
- Remember different drinks have different strengths either because of differences in proofs of hard liquor or because some drinks contain more than one shot
- Food eaten along with drinking alcohol will result in a lower, delayed BAL because the alcohol enters the bloodstream at a lower rate

Standard Drink

One standard drink of beer

- One 12 oz bottle of beer
- One 12 oz can of beer
- One 8 oz glass of malt liquor (i.e. Old English, Mickey's)



One standard drink of wine

- One 4 oz glass of wine (pictured)
- One 3 - 3.5 oz of fortified wine (i.e. port, sherry)
- One bottle of table wine is about 5 standard drinks



One standard drink of hard alcohol

- One 1.25 oz shot of hard liquor (pictured)
- One mixed drink containing one 1.25 oz shot of hard liquor
- One 750ml bottle of hard liquor ("a fifth") is about 17 standard drinks



Blood Alcohol Level

The total ratio of alcohol to blood volume is known as the **Blood Alcohol Level (BAL)**. Using these charts, you can estimate what the BAL would be for you based on the number of drinks consumed in an hour.

Men		Weight					
		120	140	160	180	200	220
Drinks during 1 hour	1	.015	.010	.007	.004	.002	.001
	2	.046	.037	.030	.025	.021	.018
	3	.077	.064	.054	.046	.040	.035
	4	.109	.091	.077	.067	.059	.052
	5			.101	.088	.077	.069
	6					.096	.086

Women		Weight					
		100	120	140	160	180	200
Drinks during 1 hour	1	.029	.021	.016	.012	.009	.006
	2	.074	.059	.048	.040	.034	.029
	3	.119	.096	.080	.068	.059	.051
	4			.112	.096	.084	.074
	5						.096

This information is not meant to convey that any drinking is safe.

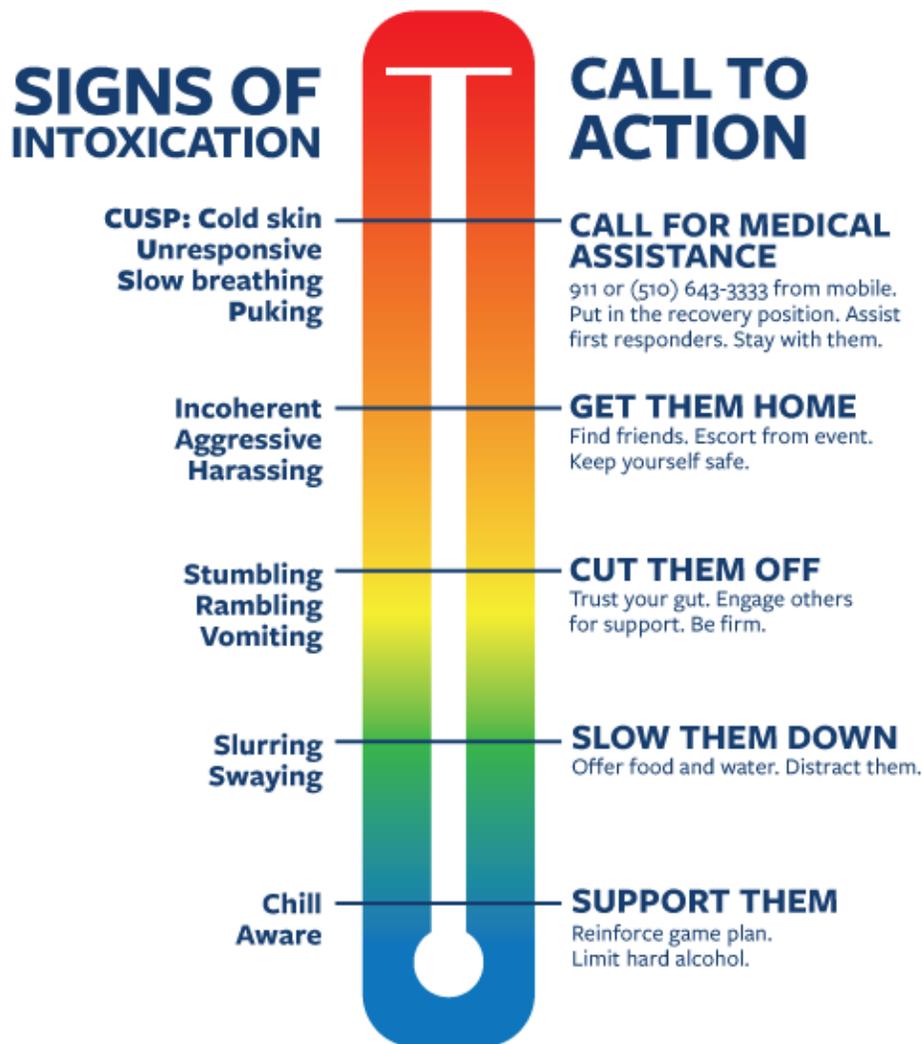
What Happens When You Drink?

BAL	Effect
.02%	Relaxed, reaction time goes down
.04%	Relaxation continues, buzz develops and reaction time continues to slow
.06%	Cognitive judgment impaired, less able to process information
.08%	Motor coordination goes downhill
.10%	Clear breakdown in judgment and coordination, visibly sloppy
.15-.25%	High risk of blackouts and injuries
.25-.35%	Can lose consciousness, risk of death
.40-.45%	Lethal dose for most people

.016% per hour | People only burn about .016% off their blood alcohol level each hour. There is no way to sober up more quickly. Drinking coffee, exercising, vomiting or taking cold showers won't help you sober up.

Intoxication and Intervention Scale

Know the visible signs of intoxication. Don't let small problems become big. See something, do something.



INTERVENTION SCALE



RESPONSIBLE BYSTANDER POLICY: A student or registered student group (RSO) promptly seeking necessary medical assistance on behalf of a student experiencing an alcohol or controlled substance emergency will be exempt from the formal Student Conduct processes concerning alcohol and controlled substances (102.17 and 102.18). This policy promotes a safety-oriented campus culture that encourages students to seek help for others.

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