

Do you know your limit?

APPROXIMATE BLOOD ALCOHOL PERCENTAGE

Body weight in pounds

Drinks	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Caution
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Driving Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally drunk
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Your ability to drive safely is directly related to the percent of alcohol in your bloodstream. One drink per hour is the lifesaving limit for drivers.

1.5 oz.
distilled spirits



=

5 oz.
wine



=

12 oz.
beer



This card is furnished for your information by the Oregon Liquor & Cannabis Commission. **The chart is only a guide.** Each person's response to alcohol will vary, based on individual tolerance for alcohol, food intake, fatigue, and other factors. A person's driving can sometimes be impaired after one drink. Please don't drink and drive.

