

Drinking and Driving

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Being intoxicated does not mean that an individual has to be above the legal limit designated by law to feel the effects of alcohol. In fact, research has shown impairments begin far before a person reaches a blood alcohol level that would be considered illegal.

With this in mind, should an individual who consumes any amount of alcohol be considered safe behind the wheel of a vehicle?

A blood alcohol level, or BAC, of .08 has been defined as the legal limit to be found guilty of drunk driving in all 50 states.

However there are many factors that will affect your blood alcohol concentration (BAC). Size, gender, physical condition, how much you have eaten, how much sleep you have had, if you are taking any medications, and the actual alcohol content of your chosen "drink" can all cause limit variations from person to person.

A "drink" is either one shot of liquor, a five-ounce glass of wine or one beer, all of which contain the same amount of alcohol.

Take a look at this Blood Alcohol Level calculator:

<http://www.csgnetwork.com/bloodalcoholcalc.html>

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