

Stage 1 FEELING GOOD STAGE OR EUPHORIA - BAC = .10



What You See:

- RELAXED & HAPPY
- SOCIABLE / TALKATIVE
- CONFIDENT & DARING
- ↓ ATTENTION SPAN
- COLOR (PINK/RED) in their face
- LACK of good JUDGEMENT, acting on impulse
- ↓ FINE MOTOR skills
- Catching the "BUZZ"

What You Do:

- Encourage a friend to SLOW DOWN or STOP
- Space drinks out
- EAT more between drinks
- Drink WATER & NON-ALCOHOLIC drinks
- Give FEEDBACK about behavior
- (they are still receptive to feedback)

The Facts:

- This level can be reached very quickly, many times after one or two drinks

Stage 2: Excitement & Bad Decisions

BAC = .20

What You See:

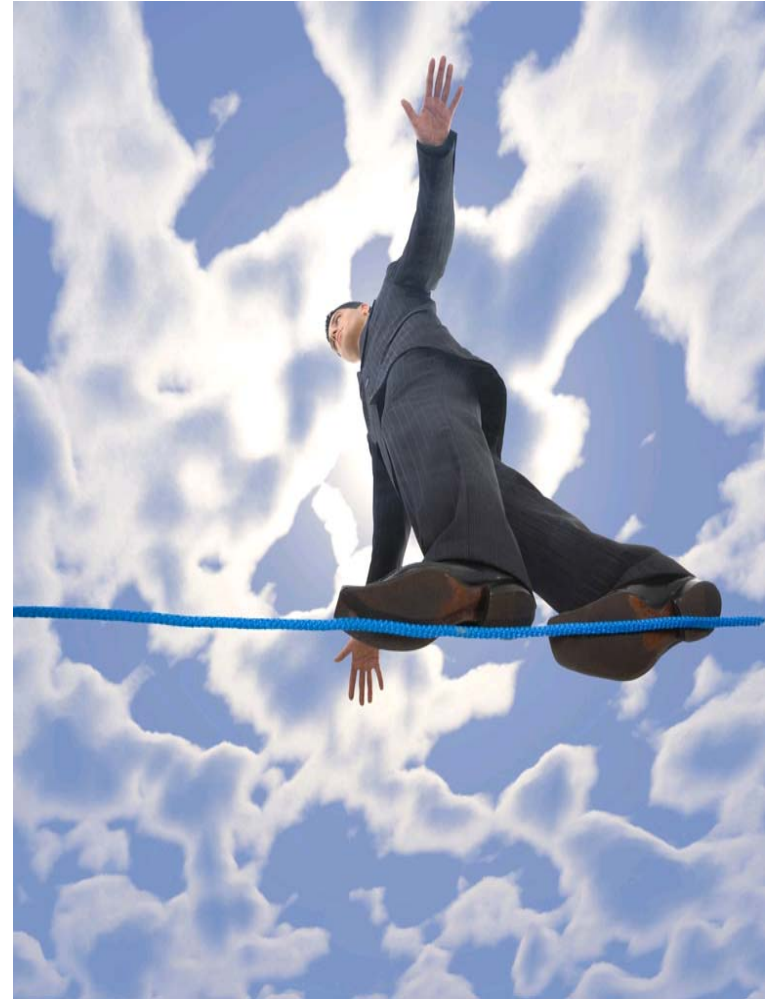
- “Wild” Sexual behavior
- Sleepiness
- Impaired short term memory
- Insistence on driving or walking home alone
- Uncoordinated gross motor skills
- ↓ ability to balance
- Dulling of senses for example - vision becomes blurry
- Acting stupid/silly
- Mood Swings
- Talking to strangers

What You Do:

- Take away the car keys & arrange for safe transportation
- Stay with your friend
- Encourage your friend to STOP
- Do NOT laugh at their stupid statements
- Do NOT over react
- Do NOT push but be assertive
- Be persistent

Facts:

A person helping a friend at this level needs to be more action oriented as opposed to trying to reason with the individual



Stage 3: Talking Loud/Getting Injured & Confused BAC .30

What You See:

- Confusion
- Difficult in walking
- Emotional
 - Physical / verbal aggressive, withdrawn, overly affectionate
- Loud Music & Voice
- Blurry Vision
- Sleepy
- All senses are generally dulled
 - The sensation of pain is dulled (injuries, bruises, abrasions, etc.)
- Lack of focus
- Misjudge distances

What You Do:

- Establish your own safety first
- Remove Alcohol
- Give simple & specific instructions
- Seek help from staff, police or sober friends

Facts:

In addition to sensory impairment, the drinking person has impaired judgment & reasoning. This behavior could be an indication that your friend may have a problem with alcohol.



STAGGERING / SLURRING & Stupor (BAC .40)



What You See:

- Staggering/slurring
- Impossible to walk or stand
- Frequent bathroom trips
- Falling down/injuries
- Aggressiveness
- Inability to control excretion of body fluids (loss of bowel/bladder control)
- Non responsive to external stimuli
- Repeated vomiting
- May become unconscious

What to do:

- Secure your own safety
- Remove alcohol immediately
- Seek help from staff, police, friends, family etc.
- Do NOT leave this person alone

Facts:

The person at this level should not be drinking anymore and should not be let alone. This person cannot make sense out of the environment.

Life Threatening & Coma (BAC = .50)

What You See:

- Semi-consciousness or unconsciousness/passing out
- Pupils unresponsive to light
- Body temperature drops below normal
- Shallow breathing
- Slow pulse rate
- Death may occur

What To Do:

- Monitor continually
- Seek medical/professional help
- Place the person on their side to prevent choking

Facts:

The person in this condition is CLOSE TO DEATH. This is a serious condition & should be treated. Contact the appropriate personnel immediately.



Death (BAC $>.50$)

- Breathing is halted & the person dies.



Alcohol affects everyone differently. One drink may be lethal for some individuals. The following factors affect the rate at which a person metabolizes alcohol:



1. Absorption rate
2. Tolerance
3. Muscle mass
4. Gender
5. Food consumption

Alcohol & The Waistline

- **Carbohydrate: 1 Gram of Carb. = 4 calories**
- **Protein: 1 Gram of Protein = 4 calories**
- **Alcohol: 1 Gram of Alcohol = 7 calories**
- **Fat: 1 Gram of Fat = 9 calories**
- *** Only 2 calories/gm between alcohol & fat!**