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  – Physical / verbal aggressive, withdrawn, overly affectionate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!