Safer Drinking

The basics and what you need to know.
1 standard drink corresponds to about a BAC (Blood Alcohol Content) increase of about 0.02 for most people.
Although 0.08 BAC is the legal limit, there is still a significant increase of a car accident after any alcohol is consumed.

.02%
Light and moderate drinkers feel some effect. Slight body warmth, altered mood (about 1 drink)

.04%
Most people begin to feel relaxed and may experience exaggerated behavior. Usually feeling good, lowered alertness, release of inhibition

.06%
Judgement is somewhat impaired; people are less able to make rational decisions about their capabilities
Most negative effects of alcohol come at BAC’s of 0.08 or greater (4 drinks for most)

<table>
<thead>
<tr>
<th>Level</th>
<th>Effects</th>
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<tbody>
<tr>
<td>0.08%</td>
<td>Legal limit; definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.</td>
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<tr>
<td>0.10%</td>
<td>Although reaction time is affected after the first drink, there is clear deterioration of reaction time and control at a 0.10%</td>
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<tr>
<td>0.15%</td>
<td>Balance and movement impaired. Balance and movement impaired. Risk of browning or blacking out, accidents, nausea, passing out, and hangovers.</td>
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<tr>
<td>0.30%</td>
<td>Many people lose consciousness.</td>
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<tr>
<td>0.40%</td>
<td>Most people lose consciousness. Some die.</td>
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<tr>
<td>0.45%</td>
<td>Breathing stops. Death occurs.</td>
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Factors that affect your BAC

- Rate of consumption
- Drink Strength
- Medications
- Emotional State
- Sleep
- Body type & size
- Gender
- Diet mixers
- Food
- Carbonation
Bad habits can form if you use alcohol to cope or in circumstances when you are more vulnerable to the negative affects

Don’t drink if you are:

- Hungry
- Angry
- Lonely
- Tired
Alcohol’s affect on your mood is non-liner
Things to remember:

• Campus is dry, and Rolla has a no open container law in effect 24/7.

• Too much alcohol has many negative health affects including dependency, weight gain, high blood pressure, heart disease, and liver disease among others.

• Nearly half of all Miners have not drank in the past 2 weeks and 3 out of 4 have not binge drank in the past 2 weeks