Progressive Effects of Alcohol

Social Zone
- .01 - .06
  - Loss of inhibitions (outgoing, social)
  - Joyous
  - Relaxed
  - Minor impairment of judgment

Risky Zone
- .07 - .20
  - Further impaired judgment
  - Increased risk taking
  - Louder, more boisterous
  - Exaggerated emotions/affect
  - Slowed reaction time
  - Slurred speech
  - Staggering, stumbling
  - Vomiting
  - Inability to stand/sit upright

Danger Zone
- .21 & up
  - Stupor
  - Unresponsive (passed out)
  - Choking
  - Loss of bladder function
  - Slow or irregular breathing
  - Slowed heart rate
  - Bluish, pale, cold or clammy skin or nail beds
  - Vitals (breathing, heartbeat) shut down

Central Nervous System

Intellect

Emotions

Gross Motor

Semi-Voluntary

Involuntary

Vital

Behaviors/Signs of Sedation