

# Alcohol Awareness

Sterling Police  
Crime Prevention  
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## Alcohol Awareness

1. One in three 18 to 24 year olds admitted to emergency rooms for serious injuries are found to be intoxicated.
2. Drinking impairs your judgment! Many people, while under the influence, will say or do things they would otherwise not, such as: engage in unprotected sex, physical attack or confrontation, property damage, etc.
3. It takes approximately three hours (depending on your weight) to eliminate the alcohol content of two drinks. Coffee and cold showers ***do not*** speed up the sobering process of a person.
4. Women process alcohol differently than men. If a female drinks the same amount as a male, the female will be more impaired.
5. Approximately one half of fatal traffic crashes among 18 to 24 year olds involve alcohol. Depending on your weight, you can have a blood alcohol concentration (**BAC**) of **0.02%** after only one drink. This can slow your reaction time and make it difficult to concentrate on two things at once. A **BAC of 0.03%** can impair your ability to steer your car. A **BAC of 0.04%** will begin to impair your vision. Your vision will begin to focus on the center of the road and you cannot focus on street signs, traffic signals and pedestrians. At the point that your **BAC reaches 0.05%**, your driving will be noticeably erratic.
6. If you have to drink more alcohol in order to get a “buzz”, then you are developing a tolerance.

### Approximate Blood Alcohol Percentage

Drinks	Body Weight in Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Influenced Rarely
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Possibly
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .01% for each 40 minutes of drinking. One drink is 1 ¼ oz. of 80 proof liquor, 12oz. of beer, or 4oz. of table wine.

## **Alcohol Poisoning**

Alcohol poisoning occurs when a person is highly intoxicated. This situation should be considered and treated as a potential medical emergency! Alcohol poisoning is a serious issue – it does happen – **IT CAN BE DEADLY!!**

All too often people laugh at the intoxicated student, seemingly finding it even more amusing or cool when the intoxicated person passes out. Many students often think of this as all part of the drinking experience. Alcohol poisoning often ends up in tragedy.

### ***What is alcohol poisoning and why is it so dangerous? What can it do to you?***

Alcohol is categorized as a drug and acts as a depressant. It causes effects and changes in the body and the brain. Alcohol tends to slow down many of the functions of the body, such as blood pressure, heart rate and breathing. If a person consumes a large quantity of alcohol, the slowing down of their vital bodily functions can cause a person to become unconscious. At this stage, the vital organs, heart and lungs, can be slowed to the point that they stop functioning.

Different people will be affected by alcohol in different ways and by different quantities. The body can only oxidize approximately one ounce of alcohol (approximately one drink per hour). This means that people who play drinking games, that involve consuming alcohol rapidly will sometimes pass out. You may think that they are okay, but what you do not realize is that all the alcohol hasn't reached the brain yet. A person who is semi-conscious or unconscious must be constantly evaluated to be certain that they are all right.

### **If you think that someone may be suffering from alcohol poisoning:**

- Try to wake them (remember: alcohol is a depressant and may slow the vital systems to keep someone alive).
- Turn the person on their side (keep their airway open).
- Do not leave them (only leave them to phone for help).
- Check skin color and temperature (are they pale? Is their skin cold or clammy? If so, this person is not getting enough oxygen! They need immediate help!).
- Check the person's breathing (if there are fewer than 8 breaths per minute or more than 10 seconds in between breaths – call for help!).
- There are no absolutes with alcohol poisoning! Some people may be breathing more than 8 breaths per minute...Bottom Line...If you find someone who appears to be highly intoxicated, don't take a chance that they may be okay...call for help.

***IF YOU COME ACROSS SOMEONE WHO EXHIBITS THESE SYMPTOMS – CALL YOUR LOCAL POLICE DEPARTMENT. The police will respond, evaluate the person and have emergency medical help respond if needed.***

## ***Call for Help if a Person...***

- ...is having difficulty breathing.**
- ...is vomiting.**
- ...has passed out.**
- ...is injured.**
- ...has a fever or the chills, feels cold, and is pale, sweaty or bluish in color.**
- ...is acting in a way that may cause harm to themselves or others**
- ...seems to be paranoid.**
- ...is having difficulty speaking or standing.**

## ***Never!!!***

**NEVER put a drunken person in a cold shower.** The shock of the cold could cause them to become unconscious.

**NEVER give a drunken person food, liquid or medicine in an attempt to sober them up.** The person may vomit or choke on anything ingested, causing a potential blockage in the airway.

**NEVER allow a drunken person to exercise.** The intoxicated person could injure him/herself.

**NEVER laugh at, make fun of or tease an intoxicated person. Alcohol can make a person feel invincible.** This may cause the intoxicated person to do something dangerous or become violent.

**NEVER allow an intoxicated person to drive a car or any other type of vehicle.** They are too impaired to operate a vehicle safely. They will be putting their own life at risk as well as the lives of others.

**NEVER allow an intoxicated person to walk home.** Their judgment is impaired. They may become disoriented and not be able to find their way home. They are an easy target and may become the victim of a crime. A vehicle may strike them.

# ***THINGS THAT HAPPEN AS A RESULT OF HEAVY DRINKING!***

Drunk driving-related deaths

Sexual Assaults

Fatal falls due to intoxication

Intoxicated people say and do things that cause feelings of anger  
and resentment

Destroyed relationships with family and friends

## ***WHAT DRINKING MAY COST YOU...***

YOUR LIFE

SOMEONE ELSE'S LIFE

INJURY TO YOURSELF OR ANOTHER

AN OUI CONVICTION-APPROX. \$4,717.00

## **What happens if you are caught with a fake I.D. in Massachusetts?**

In the state of Massachusetts, if you are caught with a fake I.D. in your possession, you will lose your driver's license for up to six months. This does not mean that you have to be attempting to procure alcohol with the fake I.D. at the time it is discovered in your possession. The mere possession of the I.D. is all that is needed. The Registry of Motor Vehicles will be notified. Your license will be revoked in whatever state you hold a current license to operate. There does not have to be a court action taken in order for this process to occur. If you are convicted of a crime in which you utilized the fake I.D., then it is a mandatory loss of license for 12 months.

## Drunk Driving Chart

Number of Drinks Consumed  
&  
Hours to wait after START of drinking and BEFORE driving.

Body Weight	1 Drink	2 Drinks	3 Drinks	4 Drinks	5 Drinks	6 Drinks
100 lb	0 hrs	3 hrs	6 hrs	9.5 hrs	12.5 hrs	15.5 hrs
120 lb	0 hrs	2 hrs	4.5 hrs	7.5 hrs	9.5 hrs	12 hrs
140 lb	0 hrs	1.5 hrs	3.5 hrs	5.5 hrs	8 hrs	10 hrs
150 lb	0 hrs	.5 hrs	2.5 hrs	4.5 hrs	6.5 hrs	8.5 hrs
180 lb	0 hrs	0 hrs	2 hrs	3.5 hrs	6.5 hrs	7 hrs
200 lb	0 hrs	0 hrs	1.5 hrs	3 hrs	4.5 hrs	5 hrs
220 lb	0 hrs	0 hrs	1 hrs	2.5 hrs	3.5 hrs	5.5 hrs