

How to Tell What Your Blood Alcohol Level Is After Drinking

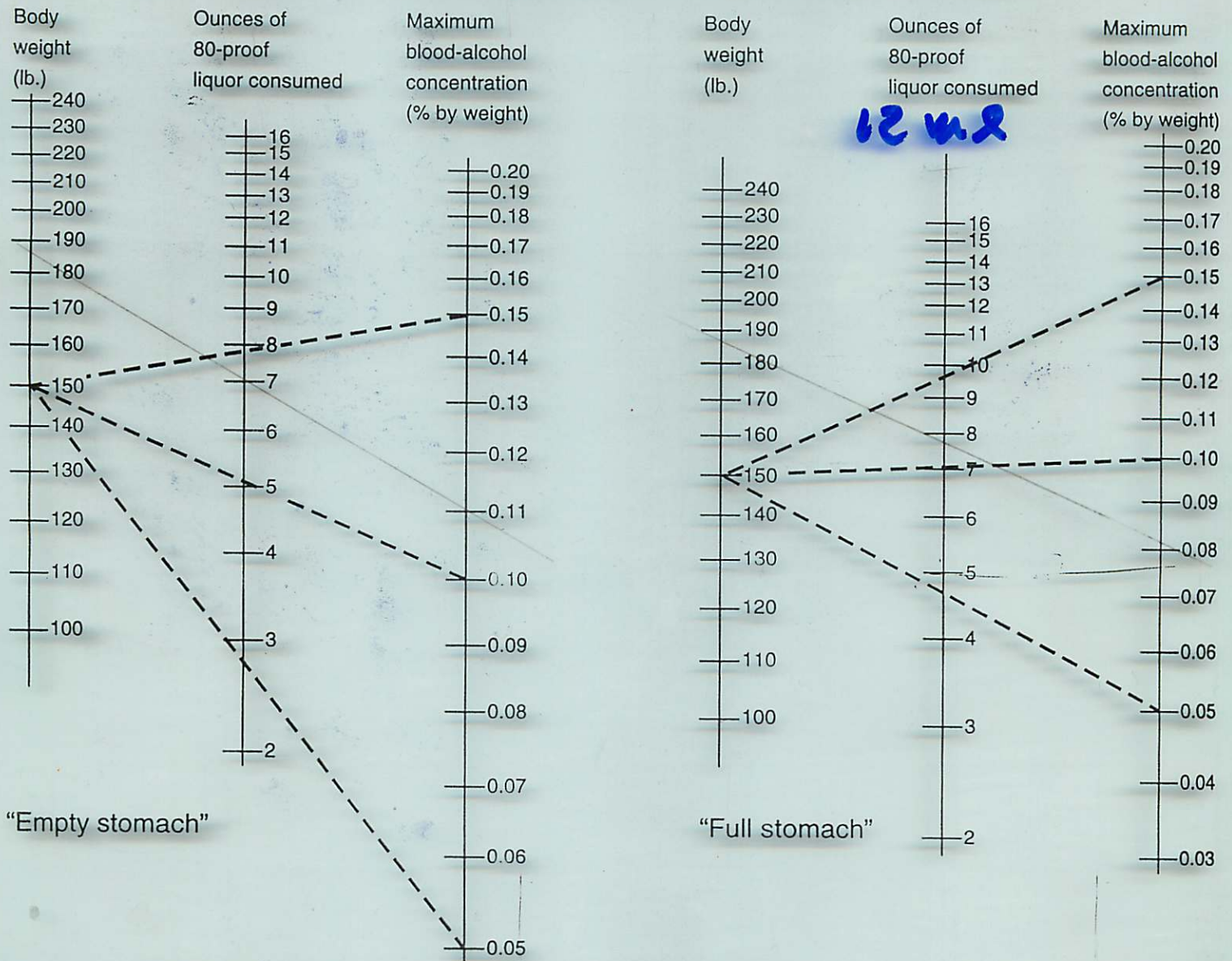


Figure 10-11. To use this diagram, lay a straightedge across your weight and the number of ounces of liquor you've consumed on an empty or full stomach. The point where the edge hits the right-hand column is your maximum blood-alcohol level. The rate of elimination of alcohol from the bloodstream is approximately 0.015 percent per hour. Therefore, to calculate your actual blood-alcohol level, subtract 0.015 from the number indicated on the right-hand column for each hour from the start of drinking.

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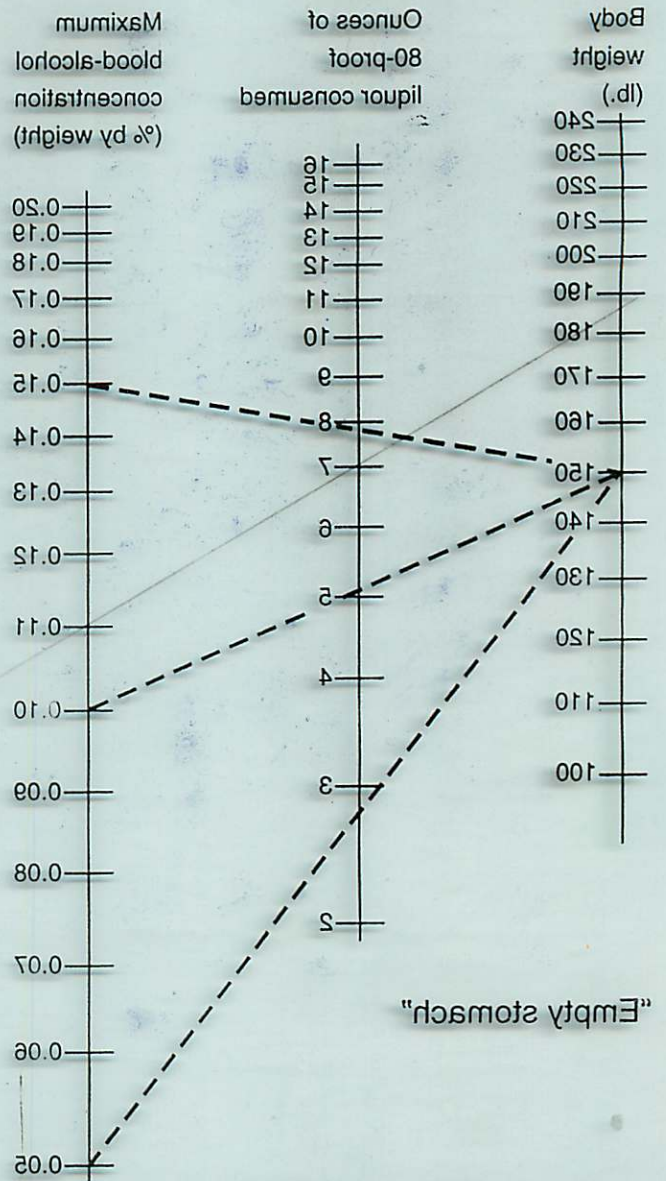
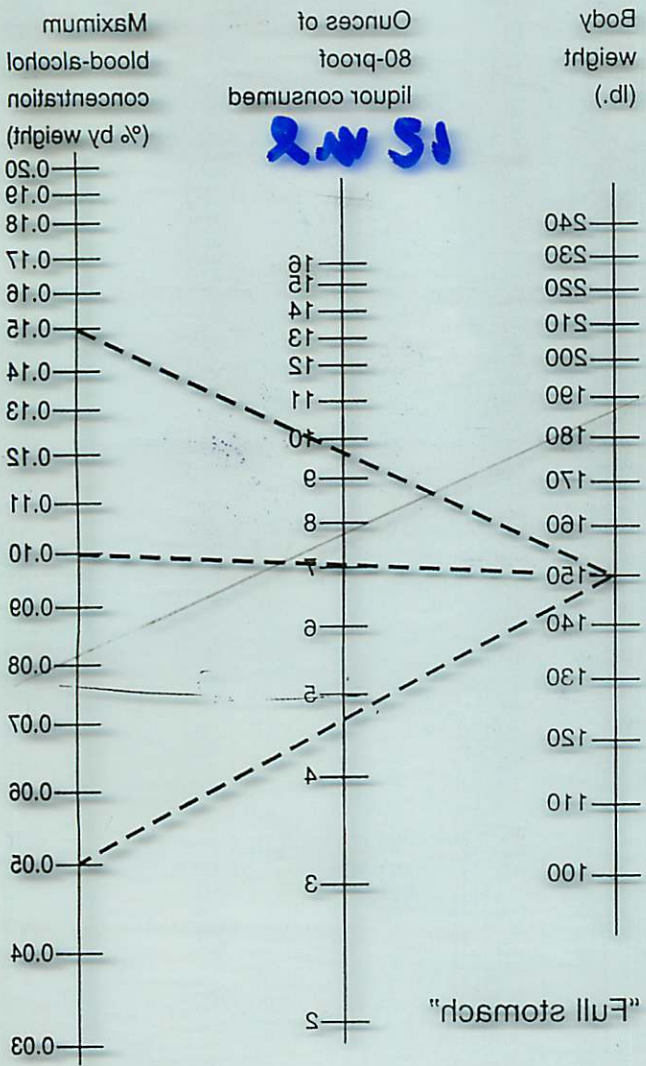


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