



Progressive Effects of Alcohol



Social Zone

.01 - .06

- Loss of inhibitions (outgoing, social)
- Joyous
- Relaxed
- Minor impairment of judgment

- 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

- 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

Risky Zone

.07 - .20

Danger Zone

.21 & up

Central Nervous System

Intellect



Emotions



Gross Motor



Semi-Voluntary



Involuntary



Vital