

During this event, your company is offering Breath Alcohol Concentration (BAC) testing as a complimentary service. The goal is to increase awareness towards drinking and driving and the severe consequences that can result.

CitaHealth, which offers a wide variety of preventative health services, will be performing the test. The results are strictly confidential and will not be released to any person other than you.

With impaired driving and its consequences being of such great concern, companies are now taking a preventative approach by offering awareness programs to ensure their employee's either drink responsibly, or have a "safe ride" home after corporate functions.

Sobering Facts About Drinking Driving

- Researchers have found that drivers with BAC levels between 0.02 and 0.04 percent were 40 percent more likely to be involved in a fatal crash than drivers who hadn't been drinking.
- Drivers above 0.15 BAC were 380 times more likely to be killed in a single-vehicle crash.
- With every 0.02 increase in BAC, the equivalent of about a drink an hour, a driver's risk of being killed in a single-vehicle crash almost doubles.
- If you are convicted of impaired driving, driving with a BAC of over .08 or refusing a test for alcohol, then the following penalties apply. You can lose your license for 1-3 years, spend 0-6 months in jail, pay a fine of \$600-\$2,000, in addition to being prevented from traveling to certain countries, including the U.S. and Mexico, and holding certain jobs.

BE RESPONSIBLE ABOUT DRINKING

| APPROXIMATE BLOOD ALCOHOL PERCENTAGE | | | | | | | | | | |
|--------------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|----------------------------------|-------------------------|
| DRINKS Per hour | BODY WEIGHT IN POUNDS | | | | | | | | | |
| | 100 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | | |
| 1 | .04 | .03 | .03 | .02 | .02 | .02 | .02 | .02 | .02 | IMPAIRED – DO NOT DRIVE |
| 2 | .08 | .06 | .05 | .05 | .04 | .04 | .03 | .03 | | |
| 3 | .11 | .09 | .08 | .07 | .06 | .06 | .05 | .05 | LEGALLY IMPAIRED DO NOT DRIVE | |
| 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 | INTOXICATED - DO NOT DRIVE! | |
| 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 | | |

Source: American Council on Alcoholism, Inc.
 One drink equals 1 oz. of 80 proof liquor or 12 oz. of beer or 5 oz. of table wine. If your weight is between two of those shown, use the lower weight. Subtract .01% for each 40 minutes of drinking.

**Please drink responsibly and encourage your friends to do the same.
 Remember drinking and driving puts everyone at risk.**