



American Drug Testing

Drug-Free Workplace Programs

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DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORKPLACE.

Stages of Alcohol Consumption

We often forget that one of the most widely-used drugs on our planet is ethanol—perhaps more commonly referred to as “alcohol.” Unlike many drugs of abuse, ethanol consumption is legal for those of “drinking age.” In fact, about 1/2 of the adults in the United States choose to consume alcohol at one time or another. Although alcohol consumption is legal (age-permitting), being under the influence of alcohol “on the job” can create problems, and may create safety hazards as well. Given this, it’s important for supervisors to become acquainted with the signs of alcohol consumption—so they can identify use in the workplace should it ever occur.



The various stages of alcohol consumption can be explained in seven stages: Euphoria, Excitement, Confusion, Stupor, Coma, and Death. Please note that a person’s blood alcohol content is

based on many factors including their weight, how much alcohol they consumed, and the rate of absorption (as determined by food intake at the

comment for the given situation.

“Death (BAC more than 0.50 percent) - The person usually stops breathing and dies.”

Euphoria (BAC = 0.03 to 0.12 percent)

Ethanol Concentrations

- Beer = 4.5 %
- Wine = 11 %
- Distilled spirits (e.g. rum, gin, vodka, whiskey) = 40 to 90%

comment for the given situation.

- They have trouble with fine movements, such as writing or signing their name.

Excitement (BAC = 0.09 to 0.25 percent)



- They become sleepy.
- They have trouble understanding or remembering things (even recent events).
- They do not react to situations as quickly (if they spill a drink they may just stare at it).
- Body movements are uncoordinated.
- They begin to lose their balance easily.
- Vision becomes blurry.
- They may have trouble sensing things (hearing, tasting, feeling, etc.).

Confusion (BAC = 0.18 to 0.30 percent)

- They are confused -- might not know where they

are or what they are doing.

- They are dizzy and may stagger.
- May be highly emotional -- aggressive, withdrawn or overly affectionate.
- They cannot see clearly.
- They are sleepy.
- Slurred speech.
- Uncoordinated movements (trouble catching an object thrown to them).
- May not feel pain as readily as a sober person.

Stupor (BAC = 0.25 to 0.4 percent)

- Can barely move at all.
- Cannot respond to stimuli.
- Cannot stand or walk.
- They may vomit.
- May lapse in and out of consciousness.

Coma (BAC = 0.35 to 0.50 percent)

- They are unconscious.
- Reflexes are depressed (i.e. their pupils do not respond appropriately to changes in light).
- They feel cool (lower-than-normal body temperature).
- Their breathing is slower and more shallow.
- Heart rate may slow.
- They may die.

Death (BAC more than 0.50 percent) - The person usually stops breathing and dies.

The Drug-Free Workplace Advisor



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is a resource of American Drug Testing, the Low-country’s premier drug-free workplace administrator, and testing company. Let us help you maintain a drug-free workplace. Contact us at (843) 747-4111.