

BLOOD ALCOHOL CONTENT (BAC)

The standard rule for maintaining a safe BAC level is:

- For males: 2 standard drinks in the first hour and 1 every hour after
- For females: 1 standard drink in the first hour and 1 every hour thereafter

Factors that affect your (BAC):

- How much alcohol you drink
- How fast you drink
- Body weight- heavier people will be less effected by the same amount as they have more blood and water in their body to dilute the alcohol
- Food- if there is food in your stomach it takes longer for your body to process alcohol
- Carbonated drinks are absorbed quicker than non-carbonated drinks
- Warm alcohol is absorbed quicker than cold alcohol
- Women absorb alcohol quicker than men because they have a higher body fat content
- Regular drinkers are more tolerant to the effects of alcohol so even though they may not feel drunk, their BAC will still be high
- Women supposedly have higher BAC's at different times of the month and birth control pills can cause women to get drunk faster

SAFER USING TIPS

- Try to alternate with water
- Try to keep track of how much you're drinking
- Be aware! Never leave your drink unattended
- Take control! Always order and pour your own drinks
- It is a good idea to measure your drinks so you can keep track more easily
- Check the label on your drink, it may contain more than 1 standard drink
- Be aware of factors that may affect your tolerance (e.g. other drugs including prescription medications, menstrual cycle, etc.)
- Stress can make you more susceptible to alcohol
- Be aware of how alcohol affects your mood

COMBINATIONS

Alcohol combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Stimulants = may be able to drink more but may increase risk of alcohol poisoning
- Cannabis = nausea and vomiting
- GHB = nausea, vomiting and overdose: GHB combined with alcohol is a particularly risky combination as both are processed by the liver. Alcohol will always be processed first as the GHB floats on the alcohol; this means that if you have a dose of GHB, drink alcohol, and then have some more GHB your body will process the alcohol followed by the 2 doses of GHB. This can lead to overdose as your body may not be able to cope with the 2 doses at once. We highly recommend avoiding this combination.
- Ketamine = nausea, vomiting, blackouts
- Antibiotics = amplifies the effects of alcohol. Not recommended - for your own health
- Benzo's = intensifies the effects of alcohol and can lead to blackouts. Not recommended - it can be hard to gauge your limits

It is **not** recommended to use alcohol if you suffer from:

- Liver problems
- Kidney problems
- Stomach ulcers
- Depression and other mental health conditions

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au www.bluelight.ru
www.hrvc.org.au www.dancesafe.org
www.erowid.org www.trippproject.ca
www.bluebelly.org.au
www.nhmrc.gov.au/your-health/alcohol-guidelines/alcohol-and-health-australia

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KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Alcohol is one of the most commonly used psychoactive substances in Australia. Given its legal status it is widely accepted and readily available. The intoxicating ingredient, ethyle-alcohol, is found in beer, wine and spirits and is produced by fermenting sugars, yeasts and starches. Alcohol is a central nervous system depressant and is quickly absorbed through the stomach and small intestine.

DOSAGE TIPS

As with other drugs, tolerance to alcohol can vary greatly from one person to the next. Tolerance to alcohol, like other drugs, is affected by body weight, how much you've eaten, how often you drink and how well your liver functions. Tolerance also plays a part in how quickly you get drunk.

ADMINISTRATION

Swallowed

DURATION

Oral	
Total Duration:	1.5 - 3 hours
Onset:	15 - 30 minutes
Coming Up:	15 - 20 minutes
Plateau:	30 - 90 minutes
Coming Down:	45 - 60 minutes
After Effects:	1 - 2 hours
Hangover/Day after:	1 - 36 hours

Half-life: Alcohol does not have a 'half-life' like other drugs and passes rapidly through your system (i.e. within 12 - 24 hours). However, after excessive alcohol consumption you may find that your BAC is still over the legal limit several hours after you have ceased drinking.

Roadside drug test: Detectable with roadside breath test

EFFECTS

(The following is a list of possible effects. These may vary from person to person)

Physical

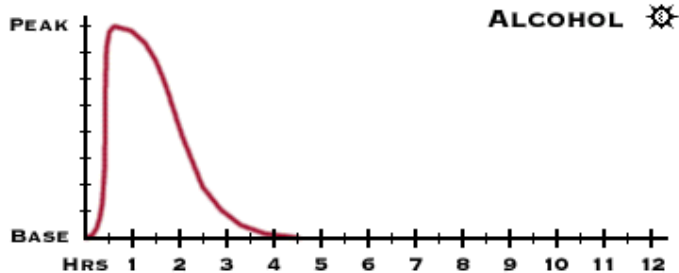
- Giddiness, dizziness
- Dehydration
- Analgesia (kills pain)
- Slurred speech
- Flushed skin
- Drowsiness, sleepiness
- Difficulty focusing eyes
- Tolerance due to repeated and/or regular use
- Decreased coordination
- Nausea, vomiting (vomiting while unconscious can be fatal)
- Reduced impulse control
- Reduced ability to attain/maintain erection in most males
- Increased difficulty in achieving orgasm in some females
- Frequent urination
- Confusion
- Blackouts and memory loss at high doses
- Coma and death at extreme doses
- Brain and liver damage (cirrhosis) with heavy use
- Mild to severe hangover, after heavy use
- Foetal damage in pregnant women at high dose or frequency

Emotional

- Mood lift
- Happiness
- Relaxation
- Emotional volatility (anger, violence, sadness, etc.)
- Depression, despair

Psychological

- Increased sociability
- Lowered inhibitions/reduced social anxiety
- Changed (often increased) response to sexual stimuli
- 'Beer goggles' - others appear more attractive
- Mild visual distortions at high doses
- All the above can lead to unwanted and negative sexual encounters



STREET NAMES

Booze, Grog, Piss, Drinks

CHEMICAL COMPOUND

Ethyl-alcohol



LONG TERM EFFECTS

Drinking a lot of alcohol regularly can cause many harmful effects to your body, including:

- Cirrhosis of the liver
- Cancer (mouth, pharynx, larynx, oesophagus)
- Heart and blood problems including stroke and 'hypertension
- Alcohol dependence
- Stomach problems
- Lowered immune system
- Nerve problems (arms and legs)
- Alcohol related brain injury
- Problems with family, friends, works, finances, etc