

[www.parlonsdrogue.com](http://www.parlonsdrogue.com)



THE DANGERS OF  
**CHUGGING**  
ALCOHOL

05-817-02A

# WHAT IS **CHUGGING?**

**CHUGGING** involves drinking a large quantity of alcohol in a short time. Often chugging alcohol is done as part of a challenge or test.








**CHUGGING** can be very dangerous to a person's health. When the alcohol level in a person's blood is **200 mg/100 ml** or more, acute alcohol poisoning occurs.

## HOW TO HELP A PERSON WHO HAS ALCOHOL POISONING

Chugging can lead to serious alcohol poisoning or even death. There have already been many reports in the media about young people dying from acute alcohol poisoning.

A person with alcohol poisoning can die in under an hour. Therefore it is important to pay close attention to any developments in signs in a person who has drunk a large amount of alcohol in a short period of time.

After consuming alcohol or taking other drugs, if one of your friends has one or more of the following signs:

-  **Major decrease in reaction time or no reactions**
-  **Loss of consciousness or deep sleep**
-  **Problems breathing**
-  **Weak pulse**
-  **Repeated vomiting**
-  **Excessive sweating**
-  **Skin that is moist or cold to the touch (hypothermia)**

**IMMEDIATELY CALL 911.** Never leave a person with one or more of these signs alone.

### ARE YOU UNSURE ABOUT HOW SERIOUSLY INTOXICATED A PERSON IS?

Stay by that person and call the **Info-Santé** line in your region or the **Poison Control Centre** (1 800 463-5060)... both these services will be able to help you.

# THE DANGERS OF CHUGGING ALCOHOL



## EXAMPLES OF CONSUMPTION






## ALCOHOL LEVELS\*

## EFFECTS

## WHAT TO DO

Woman (125 lb. or 57 kg)  
5 to 6 drinks

200 to 300 mg/100 ml

-  Incoherent language
-  Mental confusion
-  Increased tolerance to pain
-  Drowsiness
-  Vomiting





**CAUTION!**  
**HIGH RISK**

**May need medical assistance**

Man (175 lb. or 80 kg)  
8 to 12 drinks

Woman (125 lb. or 57 kg)  
7 to 9 drinks

300 to 400 mg/100 ml

-  Deep sleep
-  Major decrease in reaction time
-  Excessive sweating or cold skin
-  Vomiting

**CAUTION!**






**Medical assistance required**

**Call 911**

Man (175 lb. or 80 kg)  
13 to 16 drinks

Woman (125 lb. or 57 kg)  
10 or more drinks

More than  
400 mg/100 ml

-  Unconsciousness
-  Weak pulse
-  Absence of reflexes
-  Coma
-  Death from respiratory arrest

Man (175 lb. or 80 kg)  
17 or more drinks

**Never leave a person alone**  
Talk to them and try to find out how much alcohol the person drank

\* Alcohol levels for a woman and for a man.

Source: *Drugs: Know the Facts, Cut your Risks*. Comité permanent de lutte à la toxicomanie, 2004.



# ALWAYS KEEP YOUR HEAD

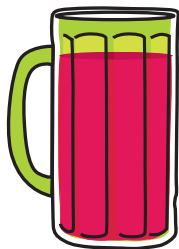
If you decide to drink alcohol, you should know that the more you drink at one time, the higher the risks for your health. In general, you should never drink more than four standard drinks on a given occasion.

After the second drink for women and the third drink for men, the authorized blood alcohol rate for driving a motor vehicle in Quebec (80 mg/100 ml) may be exceeded. When combined with drugs or medication, a single drink, even if it contains little alcohol, may have immediate adverse effects.

## WHAT IS A STANDARD DRINK?

**Beer**

5% alc.



**341 ml**  
(12 oz.)

**Champagne**

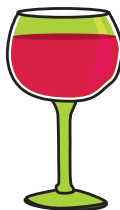
12% alc.



**142 ml**  
(5 oz.)

**Wine**

12% alc.



**142 ml**  
(5 oz.)

**Dessert/  
Appetizer Wine**

20% alc.



**85 ml**  
(3 oz.)

**Spirits**

40% alc.



**43 ml**  
(1.5 oz.)

Source: *Drugs: Know the Facts, Cut your Risks*. Comité permanent de lutte à la toxicomanie, 2004.