



Alcohol Daddy<sup>®</sup>  
Alcohol Awareness Program

*Nevada Edition*

AlcoholDaddy.com

3160 S. Valley View Blvd, Suite 108, Las Vegas, NV 89102

(888) 860-3031 • support@alcoholdaddy.com

This alcohol awareness training program was developed by food and beverage industry experts, including college hospitality school professors, bartenders, police/narcotics officers, fraud ID experts as well as medical professionals to provide a thorough and comprehensive understanding of alcohol laws and regulations as they affect you in the workplace.

The Alcohol Daddy® program is approved and certified by the **Nevada Commission on Postsecondary Education** and satisfies employment requirements for alcohol awareness training.

For more information, visit [AlcoholDaddy.com](http://AlcoholDaddy.com).

Our training curriculum was specifically developed with YOU in mind!

This program includes simple information, interesting facts, and organized sections to provide you with the knowledge and skills necessary to respond to a variety of alcohol-related situations with confidence.

Congratulations on taking the initiative to become a more proactive team member in your establishment and keeping employees and guests safe!

Sincerely,

Alcohol Daddy®



# TABLE OF CONTENTS

## **SECTION 1 — Program Introduction**

- Lesson 1: Course Overview and Legal Information 1-2
- Lesson 2: Alcohol Licensing Regulations 3
- Lesson 3: Ethical Responsibilities of the Server/Seller 4

## **SECTION 2 — Clinical Effects of Alcohol**

- Lesson 1: Introduction to Alcohol 6
- Lesson 2: Alcoholic Beverages Defined 7
- Lesson 3: Alcohol Absorption in the Body 9
- Lesson 4: Blood Alcohol Concentration (BAC) 11
- Lesson 5: Effects of Alcohol on the Body 18
- Lesson 6: Alcohol and Heart Health – FAQs 19
- Lesson 7: Alcohol with Drugs, Caffeine & Energy Drinks 21
- Lesson 8: Signs and Symptoms of Alcohol Poisoning 26
- Lesson 9: Alcohol Intolerance, Fetal Alcohol Syndrome 29
- Lesson 10: National Alcohol Facts and Statistics 32

## **SECTION 3 — Discontinuing Alcohol Service**

- Lesson 1: Concerns with Discontinuing Service 37
- Lesson 2: Identification of Intoxicated Patrons 38
- Lesson 3: Conversing with Customers & Traffic Light Rating System 43
- Lesson 4: Providing Appropriate Intervention 44

## **SECTION 4 — Preventing Fights and Disturbances**

- Lesson 1: Establishment Safety 48
- Lesson 2: Active Monitoring of Patrons & Intervention 49

## **SECTION 5 — Minors and Alcohol**

- Lesson 1: Nevada Law and Minors 50
- Lesson 2: Age and ID Verification 53

## **SECTION 6 — Nevada Alcohol Laws & Regulations**

- Lesson 1: State of Nevada Alcohol Laws 62
- Lesson 2: Local Alcohol Laws 69

## **SECTION 7 — Fundamentals of Emergency Care**

- Lesson 1: Scene Safety and Emergency Action Steps 72
- Lesson 2: Placing Unconscious Person in the Recovery Position 73



## About the Alcohol Daddy® Program

This course is designed for a wide variety of food and beverage professionals, liquor serving establishments, including bartenders and cocktail servers, security officers, medical professionals and other employees who require alcohol awareness training to fulfill employment requirements.

### **In this program, you will learn:**

- The clinical effects of alcohol and how it affects the human body
- Identification of intoxicated individuals
- Proper methods of discontinuing alcohol services to intoxicated individuals
- Methods of preventing and halting fights, acts of affray and other disturbances of the peace
- Methods of preventing the entry of minors into establishments where minors are prohibited from loitering (including identifying fraudulent identifications)
- Steps to take to prevent the purchase, consumption and possession of alcoholic beverages by minors
- Methods of preventing the selling and furnishing of alcoholic beverages to minors
- Understanding state and local laws concerning the selling and serving of alcoholic beverages
- Fundamentals of emergency care – evaluation of an unconscious victim and recovery position placement until medical professionals arrive and take over treatment



## SECTION 1: Introduction

### Lesson 1 — Legal Information

---

Effective July 1, 2007, Nevada Revised Statutes (“NRS”) § 369.630 requires owners or operators of liquor establishments who hire or employ persons to sell or serve alcoholic beverages, or act as security guards at such establishments, to ensure such persons complete a **State certified Alcohol Beverage Awareness program** and hold a **valid alcohol education card**.

These provisions apply to establishments in all counties whose population is 100,000 or more (Clark and Washoe Counties). An establishment is defined as a business that sells alcoholic beverages by the drink for consumption on the premises and businesses that sell alcoholic beverages in corked or sealed containers or receptacles for consumption off the premises. These provisions do not apply to a Nevada Licensed Wholesale Dealer, or a private club, or other facility which is not open to the public.

An establishment who violates any of these provisions pertaining to Alcohol Awareness Training is subject to an **administrative fine** ranging from **\$500** to **\$5,000**.

**Failure to obtain or present evidence of a valid alcohol card** by an employee or owner of an establishment will result in the following civil fines by the Nevada Department of Taxation:

- a. **\$500** for the **1<sup>st</sup> violation** within a 24 month period;
- b. **\$1,000** for the **2<sup>nd</sup> violation** with a 24 month period; and
- c. **\$5,000** for the **3<sup>rd</sup> or subsequent violation** within a 24 month period

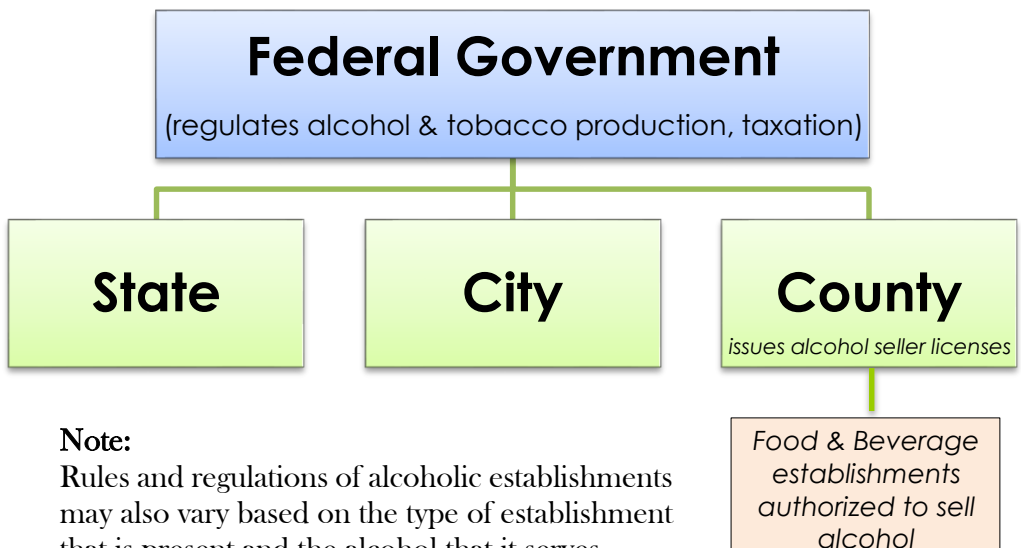
## Lesson 2 — Alcohol Licensing Regulations

The selling and serving of alcoholic beverages is governed by different entities. On a national level, the federal government is responsible for regulating the amount of alcohol (such as beer and wine), that is produced in the country. More specifically, the U.S. Department of the Treasury has developed the **Alcohol and Tobacco Tax and Trade Bureau (TTB)** in order to provide specific data and statistics for regulating the distribution and taxation of such products.

On a local level, it is the state, city and county agencies that govern alcoholic beverage licenses. In the state of Nevada, the county governments as well as incorporated municipalities (such as the city of Las Vegas, North Las Vegas, Henderson, Boulder City and Mesquite) are those authorized to license establishments to serve or sell alcoholic beverages.

Alcohol establishments that are located within areas that are unincorporated are also licensed by the county government (such as Spring Valley, Summerlin, Mountain's Edge, Blue Diamond, Paradise, Winchester, Enterprise, Whitney, Sunrise Manor and Blue Diamond).

The chart below summarizes the licensing authority power:



**Note:**

Rules and regulations of alcoholic establishments may also vary based on the type of establishment that is present and the alcohol that it serves.

## Lesson 3 — Ethical Responsibilities of the Server/Seller

---



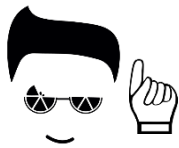
Your role as the server/seller at your establishment is to promote a **safe, comfortable** and **enjoyable** atmosphere for your guests. It may be difficult at times to adequately monitor and analyze all of your guests extensively, especially when there are large groups of people forming or other activities are taking place in the establishment. Nonetheless, it is critical to be proactive and maintain sharp focus and stamina at all times to ensure that the establishment's rules and regulations as well as city and county policies are adhered to.

Serving patrons that are under the legal drinking age of 21 is an utmost concern for all team members and managers involved. Providing alcohol to minors, whether by accident or intentional, is morally and ethically wrong, not to mention considered a **misdemeanor**. Servers and sellers must be ready to encounter underage patrons and deal with them appropriately.

Employees must also be mentally prepared to **cut off** or **reduce** a patron's drink requests. This may not always be an easy thing to do but we will emphasize strategies on how to deal with difficult situations and patrons in later sections of this course.

All employees should act as role models and ambassadors for their establishments, demonstrating leadership and skills in:

- Displaying compassion and courtesy to all guests, and
- Following and adhering to all rules and regulations in place



## SECTION 1

### Review Questions

---

1. Failure to obtain or present evidence of a valid alcohol card at work may result in civil fines to the establishment.
  - a. True
  - b. False
  
2. The selling and serving of alcoholic beverages is governed by different entities and may vary by state.
  - a. True
  - b. False
  
3. The role of the Alcohol and Tobacco Tax and Trade Bureau (TTB) is to:
  - a. Provide rules and regulations for alcoholic establishments.
  - b. Provide specific data and statistics for regulating the distribution and taxation of alcohol and tobacco.
  - c. Produce alcohol and tobacco products and distribute them to various establishments for consumption.
  
4. Which of the following statements is not a correct action to take with a guest that appears to be intoxicated at the bar?
  - a. Continue providing drinks if the guest demands more.
  - b. Encourage the guest to take a break from drinking.
  - c. Try to remove the guest from the establishment.

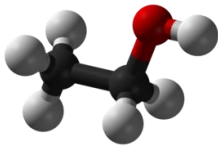


## SECTION 2: Clinical Effects of Alcohol

*Alcohol can affect people in different ways. This section will describe what alcohol is, the amount present in various drinks, the effects it has on the body and ways of recognizing alcohol poisoning.*

### Lesson 1 — Introduction to Alcohol

---



**Alcohol** is an organic molecule with an oxygen and hydrogen group bound to it (such as —OH). In terms of making beverages, alcohol is produced by the fermentation of yeast, sugars, starches and other products.

**Fermentation** is the process in which yeast breaks down **glucose** (sugar) into **alcohol** and **carbon dioxide** (CO<sub>2</sub>). Yeast are microscopic fungi that reproduce and are necessary to make this process possible.

The reaction is shown below:



The carbon dioxide gas bubbles out of the fermenting solution into the air leaving a mixture of **ethanol** and **water**. It is important that no air (oxygen) is present or the yeast will produce a substance called *ethanoic (acetic) acid*, the chemical found in vinegar.<sup>1</sup>

The actual drinking form of alcohol is called **ethanol** (or **ethyl alcohol**), a clear, colorless liquid that can be intoxicating if consumed in large quantities.

The terms below can be used interchangeably:

**Alcohol** ↔ **Ethanol** ↔ **Ethyl Alcohol**

---

<sup>1</sup> For more information about this topic, visit <http://www.alcoholandyou.org/default.html>.

## Lesson 2 — Alcoholic Beverages Defined

### What is considered an alcoholic beverage?

The NRS defines an “alcoholic beverage” as follows:<sup>2</sup>

1. Beer, ale, porter, stout and other similar fermented beverages, including sake and similar products, of any name or description containing **one-half of 1 percent or more** alcohol by volume, brewed or produced from malt, wholly or in part, or from any substitute therefor.
2. Any beverage obtained by the fermentation of the natural content of fruits or other agricultural products containing sugar, of not less than **one-half of 1 percent** of alcohol by volume.
3. Any distilled spirits commonly referred to as **ethyl alcohol, ethanol** or **spirits of wine** in any form, including all dilutions and mixtures thereof from whatever process produced.

### All drinks are not created equal!

It is important to note that alcoholic beverages are not all created equal. Drinks with the same quantity of fluid may have different alcohol content inside of them. Furthermore, what is considered a “**standard**” drink may vary based on the alcohol content present.

The diagram below illustrates various popular “**standard**” beverage drinks and the amount of “pure” alcohol in them. Note the different sizes, yet they all have approximately the same amount of alcohol.<sup>3</sup>



<sup>2</sup> Nevada Revised Statutes § 202.015 “Alcoholic beverage” defined.

<sup>3</sup> “What counts as a drink?” <http://rethinkingdrinking.niaaa.nih.gov/>

## Different types of drinks.

The alcohol content present in various types of beer, wine, or malt liquor may vary greatly. For example, many light beers have almost the same amount of alcohol content as regular beer, sometimes as much as 8.5%, or 4.2% versus 5.0% alcohol by volume (alc/vol), on average. The best way to determine the amount of alcohol content present in a drink is to check the label or search online for the content on the manufacturer's website.<sup>4</sup>

## Alcohol "Proof"

The term "proof" simply refers to the amount of ethanol (alcohol) present in an alcoholic beverage.

### History behind the term:

According to a publication by the University of Cincinnati, the term was introduced in 16<sup>th</sup> century England, when traders would drench a pellet of gunpowder in liquor to determine the spirit's potency.<sup>5</sup>

*"If it was still possible to ignite the wet gunpowder, the alcohol content of the liquor was rated **above proof** and it was taxed at a higher rate, and vice versa if the powder failed to ignite."*

Although the term "proof" was used for centuries, in America, the standard it refers to is actually not related to gunpowder at all. Around the year 1848, 50% alcohol by volume was chosen as a **baseline** and 100 was used as its **corresponding proof**. Thus, the **proof is double the alcohol by volume (ABV)**.

In simple terms, the proof of a beverage is **double** the alcohol percentage. So, for example, if an alcoholic beverage contains **40% alcohol**, the **proof is 80**.

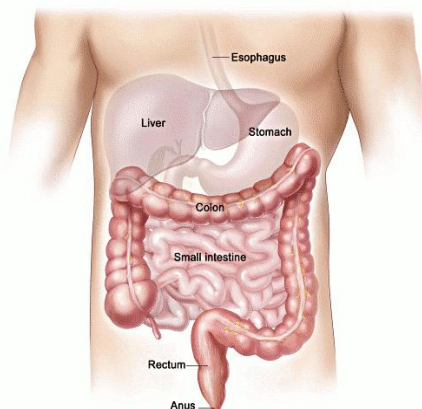
Alcohol Percent (%)	x	2	=	Proof
Proof	÷	2	=	Alcohol Percent (%)

<sup>4</sup> "What counts as a drink?" <http://rethinkingdrinking.niaaa.nih.gov/>

<sup>5</sup> Article: *The Origin of Alcohol "Proof"* by William B. Jensen, Department of Chemistry, University of Cincinnati, Cincinnati, OH 45221-0172.

## Lesson 3 — Alcohol Absorption in the Body

Once alcohol is swallowed, it rapidly enters the stomach and small intestine, where blood vessels transport it to the bloodstream. Unlike food, which requires time for digestion, alcohol does not need to be digested and thus gets quickly absorbed in the body. About **20%** of alcohol is absorbed through the **stomach**, while the remaining **80%** is absorbed through the **small intestine**.<sup>6</sup>



### Absorption Rates

The rate of absorption varies with the emptying time of the stomach. Generally, the **higher the alcohol concentration** of the beverage, the **faster the rate of absorption**.<sup>7</sup> A person's level of intoxication may vary according to his or her physiological and biological factors. Someone drinking the same amount of alcohol as another person can have different affects.<sup>8</sup> Below are factors that come into play in the absorption of alcohol.<sup>9</sup>

<b>Gender</b>	<p>In general, men can tolerate more alcohol than women. Women are typically smaller, have more body fat and lower total body water content. They can get <b>intoxicated faster</b> and stay <b>intoxicated longer</b> than men. Also, a woman's ability to metabolize alcohol can be affected by her menstrual cycle due to higher levels of estrogen present.</p> <p>Women also have less <b>alcohol dehydrogenase</b>, the enzyme that metabolizes alcohol, thus alcohol will</p>
---------------	--

<sup>6</sup> Brown University Health, [http://www.brown.edu/Student\\_Services/Health\\_Services/Health\\_Education/alcohol,\\_tobacco,\\_&\\_other\\_drugs/alcohol/alcohol\\_&\\_your\\_body.php](http://www.brown.edu/Student_Services/Health_Services/Health_Education/alcohol,_tobacco,_&_other_drugs/alcohol/alcohol_&_your_body.php)

<sup>7</sup> Forcon Forensic Consulting, <http://www.forcon.ca/learning/alcohol.html>

<sup>8</sup> University of Minnesota, <http://www.bhs.umn.edu/alcohol-drugs/absorption-rate-factors.htm>

<sup>9</sup> The Bacchus Network, <http://www.bacchusnetwork.org/absorption.html>

	remain in the bloodstream longer ( <i>men have 40% more than women</i> ). This all contributes to higher concentrations of alcohol in a woman's system even if she is drinking the same amount as a man.
<b>Body Weight</b>	A <b>smaller</b> and <b>skinnier person</b> will get <b>intoxicated faster</b> than a person who has more body fat or muscle because they have less blood and water to distribute the alcohol.
<b>Stomach Content</b>	Having food <b>present</b> in the stomach will <b>slow</b> the absorption of alcohol into the bloodstream and delay intoxication because the <b>pyloric valve</b> will close until the food is digested. <b>Larger meals</b> taken at <b>closer proximity</b> to the time of drinking can lower alcohol concentration levels in the body. Alternatively, consuming alcohol on an <b>empty stomach</b> will <b>expedite</b> the intoxication process.
<b>Carbonated Beverages</b>	Carbonated drinks like <b>soda, champagne, or tonic water</b> speed up the rate of absorption into the bloodstream and increase the speed of intoxication.
<b>Energy Drinks</b>	Energy drinks act as <b>stimulants</b> while alcohol is considered a <b>depressant</b> . Energy drinks mask the effects of alcohol by giving the person a false sense of energy and alertness. Mixing alcohol and energy drinks can actually cause heart and other problems, as will be described in Lesson 7.
<b>Rate of Consumption</b>	Drinking alcohol rapidly (such as " <b>chugging</b> ") during a short period of time can <b>increase intoxication rates</b> as opposed to " <b>sipping</b> " over a longer period of time. Typically, the body only processes <u>one drink of alcohol per hour</u> . Anything above that will cause an increased risk of impairment.
<b>Mood</b>	A person displaying a strong emotion such as <b>anger, fear, anxiety, or loneliness</b> may not realize how much alcohol they are consuming and thus may become intoxicated without even realizing it.

## Lesson 4 — Blood Alcohol Concentration (BAC)

**Blood alcohol concentration (BAC)**, sometimes referred to as blood alcohol content or blood alcohol level, is the amount of alcohol present in the bloodstream, measured as a percentage. It is most commonly used as a metric to determine a person's level of intoxication.



**BAC** is calculated in grams per 100 mL of blood or in 210 liters of breath, so a BAC of **0.08** means the blood is **0.08%** alcohol by volume.<sup>10</sup> A BAC of **0.08** or less is considered **legal** in Nevada.

### **Factors that affect a person's BAC:<sup>11</sup>**

- **Number of drinks.**
  - The more a person drinks, the higher their BAC.
- **Speed of drinking.**
  - When alcohol is consumed quickly, the BAC will raise much faster than when it is consumed over a longer period of time.
- **Gender.**
  - Women generally have less water and more body fat per pound of body weight than men. Alcohol does not go into fat cells as easily as other cells, so more alcohol remains in the blood of women.
- **Body weight.**
  - The more a person weighs, the more water is present in their body. This water dilutes the alcohol and lowers the BAC.
- **Food in the stomach.**
  - Absorption will be slowed if a person had consumed food prior to drinking.

---

<sup>10</sup> Bowling Green State University, <https://www.bgsu.edu/recwell/wellness-connection/alcohol-education/standard-servings-and-bac.html>

<sup>11</sup> National Highway Traffic Safety Administration, <http://www.nhtsa.gov/links/sid/ABCsBACWeb/page2.htm>

BAC can be measured by breath, blood, or urine tests. The charts below show the approximate BAC in one hour for men and women.<sup>12</sup>

**MEN:**

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Possibly
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
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	

Subtract .015 for each hour after drinking.

**WOMEN:**

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	

Subtract .015 for each hour after drinking.

<sup>12</sup> Source: National Highway Traffic Safety Administration data on BAC levels.

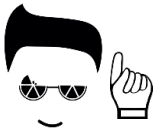
Now that we understand an overview of the different BAC levels in men and women, let's take a look at the side effects and possible effects of driving in more detail with those respective BAC levels.

Blood Alcohol Concentration (BAC)	Typical Side Effects	Possible Effects on Driving	Hours until BAC becomes normal
.001% - .029%	<ul style="list-style-type: none"> <li>• Average individual appears normal</li> </ul>	<ul style="list-style-type: none"> <li>• Subtle effects that can be detected with special tests</li> </ul>	~ 0.5 - 1.0 hr
.02% - .04%	<ul style="list-style-type: none"> <li>• Some loss of judgment</li> <li>• Relaxation</li> <li>• Slight body warmth</li> <li>• Altered mood</li> <li>• Lightheaded</li> <li>• Mild euphoria</li> <li>• Joyousness</li> <li>• Talkativeness</li> <li>• Decreased inhibition</li> </ul>	<ul style="list-style-type: none"> <li>• Decline in visual functions (rapid tracking of a moving target)</li> <li>• Decline in ability to perform two tasks at the same time (divided attention)</li> </ul>	~ 1.0 hr
.05% - .07%	<ul style="list-style-type: none"> <li>• Exaggerated behavior</li> <li>• May have loss of small-muscle control (e.g., focusing your eyes)</li> <li>• Impaired judgment</li> <li>• Usually good feeling</li> <li>• Lowered alertness</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced coordination</li> <li>• Reduced ability to track moving objects</li> <li>• Difficulty steering</li> <li>• Reduced response to emergency driving situations</li> </ul>	~ 3.75 hrs
.08% <i>(legal limit)</i>	<ul style="list-style-type: none"> <li>• Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing)</li> <li>• Harder to detect danger</li> <li>• Judgment, self-control, reasoning, and memory are impaired</li> </ul>	<ul style="list-style-type: none"> <li>• Concentration</li> <li>• Short-term memory loss</li> <li>• Speed control</li> <li>• Reduced information processing capability (e.g., signal</li> </ul>	~ 5.0 hrs

		detection, visual search) • Impaired perception	
.09% - .10%	<ul style="list-style-type: none"> <li>• Clear deterioration of reaction time and control</li> <li>• Slurred speech, poor coordination, and slowed thinking</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced ability to maintain lane position and brake appropriately</li> </ul>	~ 6.25 hrs
.11% - .15%	<ul style="list-style-type: none"> <li>• Far less muscle control than normal</li> <li>• Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol)</li> <li>• Major loss of balance</li> </ul>	<ul style="list-style-type: none"> <li>• Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing</li> </ul>	~ 8.0 hrs
.16% - .19% <i>(2x legal limit)</i>	<ul style="list-style-type: none"> <li>• Very Drunk - Euphoria</li> <li>• May give way to unpleasant feelings (depression), difficulty talking/walking/standing,</li> <li>• Sharp increase in chances of physically injuring themselves or others, may experience a blackout at this level or higher, nausea, dizzy, blurred vision.</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling of intense emotion</li> <li>• Blackouts may cause vehicle accidents</li> </ul>	~ 10.0 hrs
.20%	<ul style="list-style-type: none"> <li>• Confusion and Disorientation - May need help to stand or walk; if they get hurt, they may not feel it because the alcohol has numbed their pain and judgement is so impaired they might not do anything about it;</li> <li>• Nausea and vomiting common, getting very dangerous because gag reflex is impaired, so you could choke if you do</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of steering wheel control</li> <li>• Control over throat muscles and body because impaired</li> </ul>	12.5 hrs

<b>.35%</b>	<ul style="list-style-type: none"> <li>• Equivalent to general anesthesia, breathing may stop.</li> </ul>	<ul style="list-style-type: none"> <li>• Very dangerous behavior</li> <li>• Possibility of death</li> </ul>	15 hrs
<b>&gt;.40%</b>	<ul style="list-style-type: none"> <li>• Coma likely, breathing and heartbeat slowed to dangerous levels due to slowdown in nerve activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Very dangerous behavior</li> <li>• Possibility of death</li> </ul>	20+ hrs

*Note that the hours and side effects provided above should be used for general reference only. Many factors that were discussed can influence and alter the data, such as a person's body weight, gender, overall size, stomach food content and more.*



## Lessons 1-4: Review Questions

---

1. Another term for alcohol is:
  - a. Ethanol
  - b. Ethyl Alcohol
  - c. Both a and b
  - d. None of the above
  
2. Complete the following exercises:
  - a. 30% alcohol = \_\_\_\_\_ proof
  
  - b. 90 proof = \_\_\_\_\_ % alcohol
  
  - c. 20% alcohol = \_\_\_\_\_ proof
  
  - d. 100 proof = \_\_\_\_\_ % alcohol

3. Once alcohol is swallowed, it rapidly enters the stomach and small intestine. About \_\_\_\_\_ of alcohol is absorbed through the **stomach**, while the remaining \_\_\_\_\_ is absorbed through the **small intestine**.

- a. 40%, 60%
- b. 60%, 40%
- c. 20%, 80%
- d. 80%, 20%

4. The rate of absorption varies with the emptying time of the stomach. Generally, the higher the alcohol concentration of the beverage, the \_\_\_\_\_ the rate of absorption.

- a. slower
- b. faster
- c. same
- d. none of the above

5. What gender has a better tolerance for alcohol?

- a. men
- b. women

6. What type of individual will get intoxicated faster?

- a. a 5'4" woman weighing 130 pounds
- b. a 6'2" muscular man weighing 210 pounds
- c. a 5'7" woman weighing 300 pounds

7. If a person is eating while they are consuming alcohol, they will become intoxicated more quickly.

- a. True
- b. False

8. What is the legal blood alcohol concentration (BAC) limit in Nevada?

- a. 0.02
- b. 0.05
- c. 0.08
- d. 0.40

9. The body typically processes how many drink(s) per hour?

- a. 1
- b. 2
- c. 4
- d. 6

10. What symptoms are likely with a BAC of 0.40 or greater?

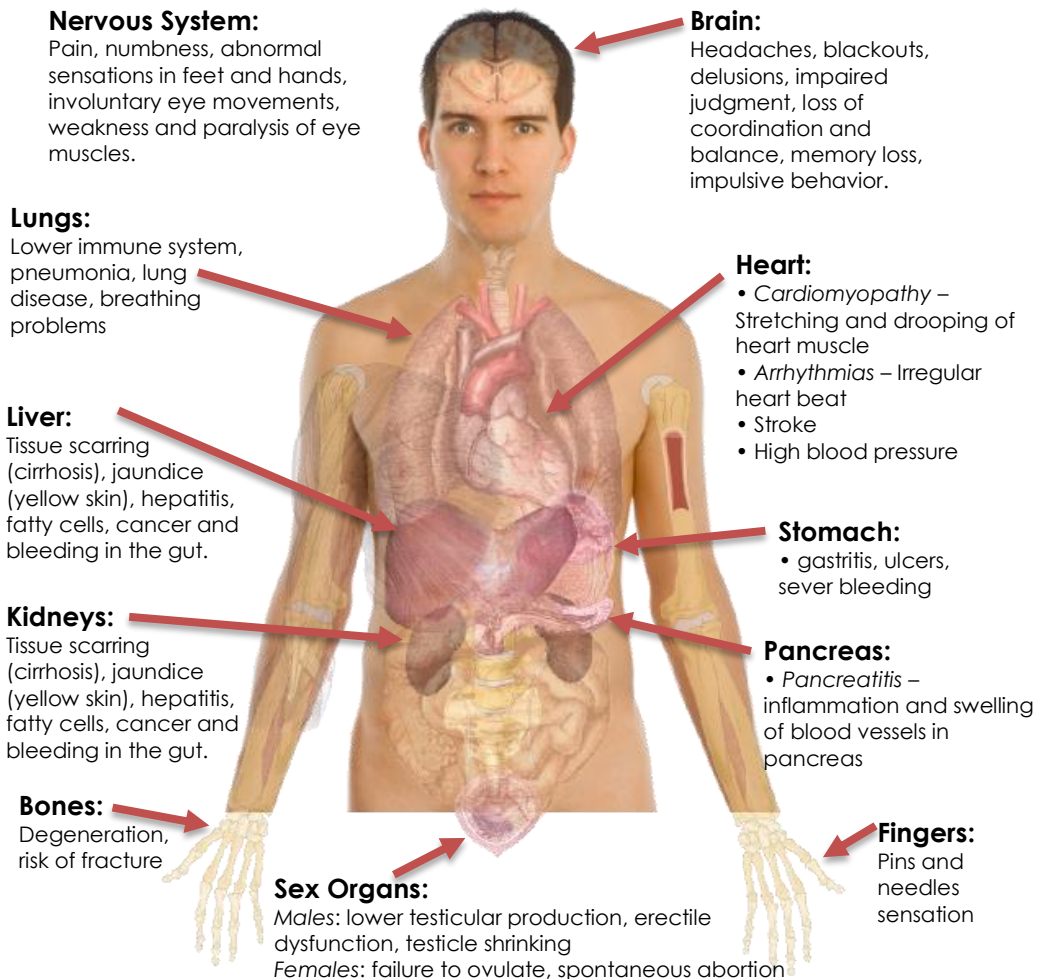
- a. relaxed or euphoric feeling
- b. impairment of muscle coordination and driving skills
- c. disoriented, confused, or dizzy
- d. coma or death

## Lesson 5 — Effects of Alcohol on the Body

### How does alcohol affect the body?

Alcohol is a **depressant**, which means it slows down the function of the **central nervous system**. It blocks many of the messages trying to get to the brain. This alters a person's **perceptions, emotions, movement, vision, and hearing**.<sup>13</sup>

The diagram below illustrates specifically what happens to the different parts and organs of the body due to excessive alcohol use.



<sup>13</sup> Kids Health, [http://kidshealth.org/teen/drug\\_alcohol/alcohol/alcohol.html#](http://kidshealth.org/teen/drug_alcohol/alcohol/alcohol.html#)

## Lesson 6 — Alcohol and Heart Health - FAQs

---

Many people have questions regarding the benefits and risks of drinking alcohol and the effects it has on the heart. Below are some frequently asked questions regarding drinking alcohol and heart health by the American Heart Association® (AHA).<sup>14</sup>



### **AHA Recommendation:**

Alcohol should be consumed in moderation (an average of 1-2 drinks per day for men and 1 drink per day for women). A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits. Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents.

### **What are the cardiovascular risks associated with drinking alcohol?**

Drinking too much alcohol can raise the levels of some fats in the blood (triglycerides). It can also lead to **high blood pressure, heart failure and an increased calorie intake**. (Consuming too many calories can lead to obesity and a higher risk of developing diabetes.) Excessive drinking and binge drinking can lead to **stroke**. Other serious problems include **fetal alcohol syndrome, cardiomyopathy, cardiac arrhythmia and sudden cardiac death**.

### **What about red wine and heart disease?**

Many studies have been published about how drinking alcohol may be associated with **reduced mortality** due to heart disease in some populations. Some researchers have suggested that the benefit may be due to **wine, especially red wine**. Others are examining the potential benefits of components in red wine such as **flavonoids** and other antioxidants in reducing heart disease risk. Some of these components may be found in other foods such as **grapes or red grape**

---

<sup>14</sup> Alcohol and Heart Health, American Heart Association®, [http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Alcohol-and-Heart-Disease\\_UCM\\_305173\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Alcohol-and-Heart-Disease_UCM_305173_Article.jsp)

**juice.** The linkage reported in many of these studies may be due to other lifestyle factors rather than alcohol such as **physical activity**, and a diet high in **fruits** and **vegetables** and **lower in saturated fats**. No direct comparison trials have been done to determine the **specific effect of wine** or other alcohol on the risk of developing heart disease or stroke.

## **Are there potential benefits of drinking wine or other alcoholic beverages?**

Research is being done to find out what the apparent benefits of drinking wine or alcohol in some populations may be due to, including the role of antioxidants, an increase in HDL (“good”) cholesterol or anti-clotting properties.

Clinical trials of other antioxidants such as vitamin E have not shown any cardio-protective effect. Also, even if they were protective, antioxidants can be obtained from many fruits and vegetables, including red grape juice. The best-known effect of alcohol is a small increase in HDL cholesterol. However, regular physical activity is another effective way to raise HDL cholesterol, and niacin can be prescribed to raise it to a greater degree. Alcohol or some substances such as **resveratrol** found in alcoholic beverages may prevent platelets in the blood from sticking together. That may reduce clot formation and reduce the risk of heart attack or stroke. (Aspirin may help reduce blood clotting in a similar way.)

How alcohol or wine affects cardiovascular risk merits further research, but right now the AHA **does not** recommend drinking wine or any other form of alcohol to gain these potential benefits.

## **What about alcohol and pregnancy?**

Pregnant women should not drink alcohol in any form. It can harm the baby seriously, including causing birth defects.

## **What about alcohol and aspirin?**

There is a risk of stomach problems, including stomach bleeding, for people who take aspirin regularly. Alcohol use can increase these stomach risks, so ask your doctor if it is safe for you to drink alcohol in moderation.

## Lesson 7 — Alcohol with Drugs, Caffeine & Energy Drinks

### Drugs & Medications.

Mixing prescription drugs, over-the-counter medications, or illegal substances with alcohol will cause adverse effects on the body. This may cause **nausea** and **vomiting**, **headaches**, **drowsiness**, **fainting**, or **loss of coordination**. It can also put a person at risk for **internal bleeding**, **heart problems**, and **difficulties in breathing**.



In addition to these dangers, alcohol can make a medication less effective or even useless, or it may make the medication harmful or toxic to the body.<sup>15</sup> Below is a list of commonly used medicines and their possible reactions with alcohol:

Symptom/Disorder	Medication(s)	Possible reactions with alcohol
Allergies/Colds/Flu	Benadryl® Claritin® Sudafed® Tylenol® Zyrtec®	Drowsiness, dizziness; increased risk for overdose
Angina (chest pain), coronary heart disease	Isordil®	Rapid heartbeat, sudden changes in blood pressure, dizziness, fainting
Anxiety and epilepsy	Ativan® Valium® Xanax®	Drowsiness, dizziness; increased risk for overdose; slowed or difficulty breathing; impaired motor control; unusual behavior; memory problems
Arthritis	Celebrex® Naprosyn®	Ulcers, stomach bleeding, liver damage

<sup>15</sup> National Institute on Alcohol Abuse and Alcoholism, <http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>

Attention and concentration (Attention deficit/hyperactivity disorder)	Adderal®	Dizziness, drowsiness, impaired concentration; possible increased risk for heart problems; liver damage
Blood clots	Coumadin®	Occasional drinking may lead to internal bleeding; heavier drinking also may cause bleeding or may have the opposite effect, resulting in possible blood clots, strokes, or heart attacks
Cough	Robitussin A-C®	Drowsiness, dizziness; increased risk for overdose
Depression	Abilify® Luvox® Pristiq® Seroque® Zolof® Zyprexa®	Drowsiness, dizziness; increased risk for overdose; increased feelings of depression or hopelessness; impaired motor control; increased alcohol effect; liver damage
Diabetes	Diabinese® Glucotrol®	Abnormally low blood sugar levels, flushing reaction (nausea, vomiting, headache, rapid heartbeat, sudden changes in blood pressure); symptoms of nausea and weakness may occur
High blood pressure (hypertension)	Accupri® Lopressor® Norvasc®	Dizziness, fainting, drowsiness; heart problems such as changes in the heart's regular heartbeat (arrhythmia)

### **Older people face greater risk.**

Older people are at particularly high risk for harmful alcohol-medication interactions. Aging slows the body's ability to break down alcohol, so alcohol remains in a person's system longer.<sup>16</sup>

<sup>16</sup> National Institute on Alcohol Abuse and Alcoholism, <http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>

## Illegal Substances.

### Cocaine and Alcohol:

Cocaine by itself can have effects on the heart, including making the heart rate speed up and raising blood pressure. When it is mixed with alcohol, it can dramatically increase the heart rate. It can even increase to the point of causing heart failure or a heart attack from the combination of alcohol and cocaine.



The *National Institute on Drug Abuse* has shown that combining cocaine and alcohol causes the body to create a drug called **cocaethylene**, which is more dangerous than either cocaine or alcohol on their own.<sup>17</sup>

### Heroin and Alcohol:

Alcohol and heroin produce similar effects in the body as they are both depressants. Separately, alcohol and heroin can cause breathing problems, so when taken together, the effect can be more serious. Drinking alcohol can also impair the user's judgment, leading them to take more heroin than they normally do, potentially causing them to overdose.



### Marijuana (cannabis) and Alcohol:

Using marijuana with alcohol can potentially cause the body to absorb the active ingredient **tetrahydrocannabinol (THC)** faster. This can lead to dizziness, nausea, vomiting, panic, anxiety and paranoia.



<sup>17</sup> Rehabs.com, <http://luxury.rehabs.com/cocaine-addiction/mixing-cocaine/>

## Ecstasy (MDMA) and Alcohol:

Ecstasy preserves feelings of drunkenness but prevents the sedation feeling common with alcohol intoxication.<sup>18</sup> Ecstasy and alcohol both dehydrate the body, putting the person at risk for overheating and becoming dangerously dehydrated, with the possibility of death from heatstroke.<sup>19</sup>



## PCP (Phencyclidine) and Alcohol:

Because the risk for hallucinations and delusional thinking and behavior is so high with PCP use, alcohol can increase the likelihood of reduced inhibitory markers, allowing the user to increase risky behaviors and suicidal ideation.<sup>20</sup>



## GHB (Gamma-Hydroxybutyric acid) and Alcohol:

GHB can be dangerous when used improperly or when mixed with other depressants. Combining a normal GHB dose with alcohol can trigger the overdose reaction of temporarily unrouseable sleep, a potentially lethal combination.<sup>21</sup>



## LSD *aka acid* (Lysergic acid diethylamide) and Alcohol:

Alcohol takes the edge off the effect of LSD and can help a person relax; drunkenness disappears with the drug; large amounts increase the nausea.



<sup>18</sup> Addiction Blog, <http://drug.addictionblog.org/mixing-ecstasy-with-alcohol/>

<sup>19</sup> Drinkware, <https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol/effects-on-the-body/alcohol-and-illegal-drugs>

<sup>20</sup> The Good Drugs Guide, <http://www.thegooddrugsguide.com/pcp/mixing.htm>

<sup>21</sup> Book: *Get Smarts About Synthetic Drugs*, Hazelden Publishing, 2013.

## Caffeine.

As a stimulant, caffeine increases blood pressure, heart rate and, in some cases, causes heart palpitations and an irregular heartbeat. Caffeine also leads to headaches, jitteriness, agitation, stomach problems and abnormal breathing. Alcohol, on the other hand, is a depressant that slows the brain's functioning and impairs one's ability to walk, talk and think clearly.



Mixed together, the stimulant and the depressant **do not cancel** each other out. Instead, the caffeine appears to override the natural sleepiness that occurs when someone drinks alcohol and delays the feeling of drunkenness.<sup>22</sup>

## Energy drinks.

Energy drinks are beverages that typically contain caffeine, among other additives.<sup>23</sup> They are very popular among young people and are regularly consumed by 31% of 12- to 17-year-olds and 34% of 18- to 24-year-olds.<sup>24</sup> When alcoholic beverages are mixed with energy drinks, a popular practice among young people, the caffeine in these drinks can mask the depressant effects of alcohol.<sup>25</sup>



Drinkers who consume alcohol mixed with energy drinks are **3 times** more likely to **binge drink** (based on breath alcohol levels) than drinkers who do not report mixing alcohol with energy drinks.

<sup>22</sup> Orlando Sentinel, Dr. Steven Lipshultz, [http://articles.orlandosentinel.com/2010-11-18/business/os-caffeine-alcohol-mix-20101118\\_1\\_alcoholic-energy-drink-alcohol-and-caffeine-older-drinkers](http://articles.orlandosentinel.com/2010-11-18/business/os-caffeine-alcohol-mix-20101118_1_alcoholic-energy-drink-alcohol-and-caffeine-older-drinkers)

<sup>23</sup> O'Brien MC, McCoy TP, Rhode SD, Wagoner A, Wolfson M. Caffeinated cocktails; energy drink consumption, high-risk drinking, and alcohol-related consequences among college students. *Acad Emerg Med.* 2008;15(5):453-460.

<sup>24</sup> Mintel International Group Ltd. *Energy Drinks*. Chicago, IL: Mintel International Group Ltd; 2007.

<sup>25</sup> Ferreira SE, Tulio de Mello M, Pompeia S, Oliveria de Souza-Formigoni ML. Effects of energy drink ingestion on alcohol intoxication. *Alcohol Clin Exp Res.* 2006;30(4):598-605.

## Lesson 8 — Signs and Symptoms of Alcohol Poisoning

---

### Elimination of alcohol in the body.

After alcohol is consumed, elimination begins **immediately**; however, the body cannot eliminate alcohol as quickly as it is absorbed. This is what causes an elevated blood alcohol level.<sup>26</sup> The liver is responsible for the actual elimination process, through metabolism. About 95% of ingested alcohol from the body is metabolized by the liver; the remainder is eliminated through excretion from the breath, urine, sweat, feces, milk and saliva.

If large amounts of alcohol is consumed in a short period of time, **alcohol poisoning** may occur. A person with alcohol poisoning needs immediate medical attention. If you suspect someone has alcohol poisoning, call for emergency medical help right away.<sup>27</sup>



Alcohol poisoning signs and symptoms include:

- Confusion
- Vomiting
- Seizures
- Slow breathing (less than eight breaths a minute)
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Blue-tinged skin or pale skin
- Low body temperature (hypothermia)
- Passing out (unconsciousness) and cannot be woken up

---

<sup>26</sup> Perlmutter & McGuinness, P.C., <https://newyorklegaldefense.com/info-center/new-york-dwi-information/alcohol-absorption-elimination/>

<sup>27</sup> Mayo Clinic, Alcohol Poisoning, <http://www.mayoclinic.org/diseases-conditions/alcohol-poisoning/basics/definition/CON-20029020?p=1>

It is not necessary to have all these signs and symptoms before help should be called. A person who is unconscious or cannot be awakened is at risk of dying and must receive medical attention as soon as possible.

## Alcohol poisoning is an emergency.<sup>28</sup>



- **Call 911** or your local emergency number immediately. Never assume that a person will “sleep off” alcohol poisoning.
- **Be prepared to provide information.** If you know, be sure to tell hospital or emergency personnel the **type** and **quantity** of alcohol the person drank, and for what **period of time**.
- **Don't leave an unconscious person alone.** Because alcohol poisoning affects the way your gag reflex works, someone with alcohol poisoning may choke on his or her own vomit and not be able to breathe. While waiting for help, do not try to make the person vomit because he or she could choke.
- **Help a person who is vomiting.** Try to keep him or her sitting up. If the person must lie down, make sure to turn his or her head to the side — this helps prevent choking. Try to keep the person awake to prevent loss of consciousness. Placing an intoxicated unresponsive person in the recovery position will be described in detail in Section 7.

Severe complications can result from alcohol poisoning, including:

- **Choking.** Alcohol may cause vomiting. Because it depresses a person's gag reflex, this increases the risk of choking on vomit if they've passed out.
- **Stop breathing.** Accidentally inhaling vomit into the lungs can lead to a dangerous or fatal interruption of breathing (asphyxiation).
- **Severe dehydration.** Vomiting can result in severe dehydration, leading to dangerously low blood pressure and fast heart rate.

---

<sup>28</sup> Mayo Clinic, Alcohol Poisoning, <http://www.mayoclinic.org/diseases-conditions/alcohol-poisoning/basics/definition/CON-20029020?p=1>

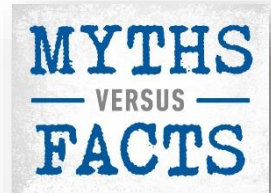
- **Seizures.** Blood sugar level may drop low enough to cause seizures.
- **Hypothermia.** Body temperature may drop so low that it leads to cardiac arrest.
- **Brain damage.** Heavy drinking may cause irreversible brain damage.
- **Death.** Any of the issues above can lead to death.

Alcohol poisoning treatment usually involves supportive care while the person's body rids itself of the alcohol.<sup>29</sup> This typically includes:

- Careful monitoring
- Prevention of breathing or choking problems
- Oxygen therapy
- Fluids given through a vein (intravenously) to prevent dehydration
- Use of vitamins and glucose to help prevent serious complications of alcohol poisoning

## Dangerous Alcohol Myths.

Home remedies for alcohol poisoning do not work. Below are common types of myths that people have in regards to treating intoxicated persons.



- **Black coffee or caffeine** – this does not counteract the effects of alcohol poisoning
- **A cold shower** – the shock of cold can cause a loss of consciousness
- **Walking it off** – this does not increase the speed alcohol leaves your body
- **Sleeping it off** – you can lose consciousness while asleep

<sup>29</sup> Mayo Clinic, Alcohol Poisoning, <http://www.mayoclinic.org/diseases-conditions/alcohol-poisoning/basics/definition/CON-20029020?p=1>

## Lesson 9 — Alcohol Intolerance

---

Alcohol intolerance can cause immediate and unpleasant reactions after a person drinks alcohol. The most common signs and symptoms of alcohol intolerance are **stuffy nose** and **skin flushing**. Alcohol intolerance is caused by a genetic condition in which the body is unable to break down alcohol efficiently. The only way to prevent alcohol intolerance reactions is to avoid alcohol.<sup>30</sup>

Alcohol intolerance is not considered an allergy. However, some people may have a reaction to something in an alcoholic beverage — such as chemicals, grains or preservatives.

Signs and symptoms of alcohol intolerance — or of a reaction to ingredients in an alcoholic beverage — may include:

- Facial redness (flushing)
- Warm, red, itchy bumps on the skin (hives)
- Worsening of preexisting asthma
- Runny or stuffy nose
- Low blood pressure
- Nausea and vomiting
- Diarrhea

Alcohol intolerance occurs when the body does not have the proper enzymes to break down (metabolize) the toxins in alcohol. This is caused by inherited (genetic) traits usually found in **Asians**.<sup>31</sup>



*The diagram on the right shows a common reaction to alcohol among East Asians. The facial flushing was found to be a result of a deficiency of a liver enzyme called **aldehyde dehydrogenase (ALDH2)**.*

<sup>30</sup> Diseases and Conditions, Mayo Clinic, Alcohol Intolerance, <http://www.mayoclinic.org/diseases-conditions/alcohol-intolerance/basics/symptoms/con-20034907>

<sup>31</sup> PLoS article (Ref: Brooks P. et al. The Alcohol Flushing Response: An Unrecognized Risk Factor for Esophageal Cancer from Alcohol Consumption. PLoS Med. Mar 2009; 6(3): e1000050.)

Risk factors for alcohol intolerance or other reactions to alcoholic beverages include:

- Being of Asian descent
- Having asthma or hay fever (allergic rhinitis)
- Having an allergy to grains or to another food
- Having Hodgkins lymphoma (a cancer of the lymphatic system)

Depending on the cause, complications of alcohol intolerance or other reactions to alcoholic beverages can include:

- **Migraines.** Drinking alcohol can trigger migraines in some people, possibly as a result of histamines contained in some alcoholic beverages. Your immune system also releases histamines during an allergic reaction.
- **A severe allergic reaction.** In rare instances, an allergic reaction can be life-threatening (anaphylactic reaction) and require emergency care.

### **Alcohol's Effects on Pregnancy.**

A woman drinking alcohol during pregnancy can be detrimental to the baby and cause a variety of lifelong health conditions, including miscarriage, preterm birth and stillbirth.<sup>32</sup>

Alcohol can the fetus to have the following defects:

- Birth deficiencies (heart, brain and other organs)
- Vision or hearing problems
- Born too soon (preterm)
- Born underweight
- Intellectual disabilities
- Learning and behavior problems
- Sleeping and sucking problems
- Speech and language delays & behavioral problems

---

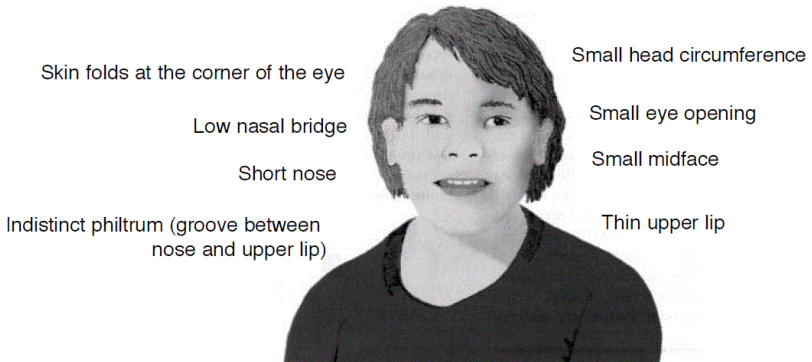
<sup>32</sup> Bandstra ES, Accornero VH. Infants of substance-abusing mothers. In: Martin RJ, Fanaroff AA, Walsh MC, eds. *Fanaroff and Martin's Neonatal-Perinatal Medicine*

## Fetal Alcohol Syndrome (FAS).

A serious type of birth defect from pregnancy due to alcohol is **fetal alcohol syndrome (FAS)**. Children with FAS are significantly smaller than average, have less brain volume have fewer numbers of brain cells (i.e., neurons) or fewer neurons that are able to function correctly, leading to long-term problems in learning and behavior and mental retardation.<sup>33</sup>

### Craniofacial features associated with fetal alcohol syndrome

#### Facial features of FAS



*The image above shows a child born with Fetal Alcohol Syndrome (FAS) from a mother that consumed alcoholic beverages throughout her pregnancy. Notice that facial defects present on the child.*

<sup>33</sup> National Institute on Alcohol Abuse and Alcoholism, Fetal Alcohol Syndrome, <http://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>

## Lesson 10 — National Alcohol Facts and Statistics

---

### Alcohol Use in the United States:

- **Prevalence of Drinking:** In 2013, **86.8%** of people ages 18 or older reported that they drank alcohol at some point in their lifetime; **70.7%** reported that they drank in the past year; **56.4%** reported that they drank in the past month.<sup>34</sup>
- **Prevalence of Binge Drinking and Heavy Drinking:** In 2013, **24.6%** of people ages 18 or older reported that they engaged in binge drinking in the past month; **6.8%** reported that they engaged in heavy drinking in the past month.<sup>35</sup>

### Alcohol-Related Deaths:

- Nearly **88,000 people** (approximately 62,000 men and 26,000 women)<sup>36</sup> die from alcohol-related causes annually, making it the third leading preventable cause of death in the United States.
- In 2013, alcohol-impaired driving fatalities accounted for **10,076 deaths** (30.8% of overall driving fatalities).<sup>37</sup>

---

<sup>34</sup> Substance Abuse and Mental Health Services Administration (SAMHSA), <http://www.samhsa.gov/data/sites/default/files/NSDUH-DefTabsPDFWHTML2013/Web/HTML/NSDUH-DefTabsSect2peTabs1to42-2013.htm#tab2.41b>

<sup>35</sup> SAMHSA. 2013 National Survey on Drug Use and Health (NSDUH). Table 2.46B—Alcohol Use, Binge Alcohol Use, and Heavy Alcohol Use in the Past Month among Persons Aged 18 or Older, by Demographic Characteristics: Percentages, 2012 and 2013. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DefTabsPDFWHTML2013/Web/HTML/NSDUH-DefTabsSect2peTabs43to84-2013.htm#tab2.46b>

<sup>36</sup> Centers for Disease Control and Prevention. Alcohol and Public Health: Alcohol-Related Disease Impact (ARDI). Available at: <http://www.cdc.gov/Alcohol/>

<sup>37</sup> National Highway Traffic Safety Administration. 2013 motor vehicle crashes: Overview. Available at: <http://www-nrd.nhtsa.dot.gov/Pubs/812101.pdf>

## Economic Burden:

- In 2006, alcohol misuse problems cost the United States **\$223.5 billion**.<sup>38</sup>
- Almost three-quarters of the total cost of alcohol misuse is related to binge drinking.

## Global Burden:

- In 2012, **3.3 million deaths**, or 5.9% of all global deaths (7.6% for men and 4.0% for women), were attributable to alcohol consumption.<sup>39</sup>
- Alcohol contributes to over **200 diseases** and injury-related health conditions, most notably **alcohol dependence, liver cirrhosis, cancers, and injuries**.<sup>40</sup>
- In 2012, **5.1%** of the burden of disease and injury worldwide (139 million disability-adjusted life years) was attributable to alcohol consumption.<sup>41</sup>
- Globally, alcohol misuse is the fifth leading risk factor for premature death and disability; among people between the ages of 15 and 49, it is the first.<sup>42</sup>

---

<sup>38</sup> Centers for Disease Control and Prevention. Excessive drinking costs U.S. \$223.5 billion. Available at: <http://www.cdc.gov/features/alcoholconsumption/>

<sup>39</sup> World Health Organization. Global status report on alcohol and health, p. XIV. 2014 ed. Available at: [http://www.who.int/substance\\_abuse/publications/global\\_alcohol\\_report/msb\\_gsr\\_2014\\_1.pdf?ua=1](http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1)

<sup>40</sup> World Health Organization. Global status report on alcohol and health, p. XIII. 2014 ed. Available at: [http://www.who.int/substance\\_abuse/publications/global\\_alcohol\\_report/msb\\_gsr\\_2014\\_1.pdf?ua=1](http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1)

<sup>41</sup> World Health Organization. Global status report on alcohol and health, p. XIV. 2014 ed. Available at: [http://www.who.int/substance\\_abuse/publications/global\\_alcohol\\_report/msb\\_gsr\\_2014\\_1.pdf?ua=1](http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1)

<sup>42</sup> Lim, S.S.; Vos, T.; Flaxman, A.D.; et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: A systematic analysis for the Global Burden of Disease Study 2010. *Lancet* 380(9859):2224–2260, 2012. PMID: 23245609

## Family Consequences:

- More than **10%** of U.S. children live with a parent with alcohol problems, according to a 2012 study.<sup>43</sup>

## Underage Drinking:

- Prevalence of Underage Alcohol Use:
  - **Prevalence of Drinking:**
    - According to the 2013 National Survey on Drug Use and Health (NSDUH), **35.1%** of 15-year-olds report that they have had at least **1 drink** in their lives.<sup>44</sup>
    - About **8.7 million** people ages 12-20 (22.7% of this age group) reported drinking alcohol in the **past month** (23% of males and 22.5% of females).
  - **Prevalence of Binge Drinking:** According to the 2013 NSDUH, approximately **5.4 million** people (~14.2%) ages 12-20 were **binge drinkers** (15.8% of males and 12.4% of females).<sup>45</sup>
  - **Prevalence of Heavy Drinking:** According to the 2013 NSDUH, approximately **1.4 million** people (~3.7%) ages 12-20 were **heavy drinkers** (4.6% of males and 2.7% of females).

## Consequences of Underage Alcohol Use:

- Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing an AUD.<sup>46</sup>

---

<sup>43</sup> SAMHSA. Data spotlight: Over 7 million children live with a parent with alcohol problems. 2012. Available at: <http://media.samhsa.gov/data/spotlight/Spot061ChildrenOfAlcoholics2012.pdf>

<sup>44</sup> SAMHSA. 2013 National Survey on Drug Use and Health (NSDUH). Table 2.15B—Alcohol Use in Lifetime, Past Year, and Past Month, by Detailed Age Category: Percentages, 2012 and 2013. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DefTabsPDFWHTML2013/Web/HTML/NSDUH-DefTabsSect2peTabs1to42-2013.htm#tab2.15b>

<sup>45</sup> SAMHSA. Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFWHTML2013/Web/NSDUHresults2013.pdf> (pages 44-45)

<sup>46</sup> National Institute on Alcohol Abuse and Alcoholism (NIAAA). Alcohol Alert, No. 67 “Underage Drinking,” 2006. Available at: <http://pubs.niaaa.nih.gov/publications/AA67/AA67.htm>



## Lessons 5-10: Review Questions

---

1. Alcohol is classified as a(an):
  - a. Stimulant
  - b. Depressant
  - c. Hallucinogen
  - d. None of the above
  
2. What type(s) of effect(s) does alcohol cause on the brain?
  - a. Headaches
  - b. Blackouts
  - c. Impaired judgment
  - d. Loss of coordination
  - e. All of the above
  
3. Alcohol taken with aspirin can cause an increased risk in stomach problems and bleeding.
  - a. True
  - b. False
  
4. Alcohol mixed with prescription medications or illegal substances can make a medication less effective or even useless, or it may make the medication harmful or toxic to the body.
  - a. True
  - b. False
  
5. When alcoholic beverages are mixed with energy drinks, a popular practice among young people, the caffeine in these drinks can \_\_\_\_\_ the depressant effects of alcohol.
  - a. Mask
  - b. Bring out

6. After alcohol is consumed in the body, how long does it take for the elimination process to begin?
  - a. Immediately
  - b. Within 1 minute
  - c. Within 5 minutes
  - d. Within 60 minutes
  
7. Signs and symptoms of alcohol poisoning include:
  - a. Confusion
  - b. Vomiting
  - c. Seizures
  - d. Slow breathing
  - e. All of the above
  
8. Having an intoxicated person drink coffee or take a cold shower will help him or her sober up.
  - a. True
  - b. False
  
9. Someone who is intolerant to alcohol may display signs of facial redness, sometimes referred to as “facial \_\_\_\_\_.”
  - a. Peeling
  - b. Burning
  - c. Flushing
  - d. Itching
  
10. A serious birth complication due to consuming alcohol during pregnancy, which may cause smaller brain volume and mental retardation, is called:
  - a. Anaphylaxis
  - b. Hodgkin's lymphoma
  - c. Hypertension
  - d. Fetal Alcohol Syndrome (FAS)



## SECTION 3: Discontinuing Alcohol Service

*This section will emphasize the concerns and importance of stopping alcohol service to visibly intoxicated patrons.*

### Lesson 1 — Concerns with Discontinuing Service

As a vital member of your establishment, it is important to employ a personal value system for the safe service of alcohol and commit to preventing the sale of alcoholic beverages to underage persons, persons who are intoxicated, and/or persons habitually addicted to alcohol.<sup>47</sup>



It may seem illogical to deny someone alcohol service in a hospitality industry. Refusing service can definitely place employees in a challenging and stressful situation. However, sometimes placing limits on alcohol service is the only choice you can do for your guests.

In the long run, your guests and the entire community will be grateful for your concerns and actions for keeping your establishment and all parties involved safe. As a server/seller, you have the **right to refuse service** to anyone you do not feel comfortable serving, other than for reasons that are based on an individual's constitutionally protected rights (i.e., race, creed, color, gender, religion, etc.).

Responsible alcohol service requires every staff member's input, including:

- hosts & hostesses
- servers, bartenders, bar-backs, bussers, valets, security,
- coat checkers, cashiers, managers, and food runners,
- and anyone else who comes into contact with guests.

---

<sup>47</sup> Bartender and Server Workbook, Vol 6, Identification of Intoxicated Patrons, Mark Willingham.

## Lesson 2 — Identification of Intoxicated Patrons

In Section 2, we learned the effects that patrons display at different blood alcohol concentration (BAC) levels. Now let's take a closer look at some signs to **identify intoxicated patrons**. Note that it may be helpful to look at a variety of signs and behaviors a patron exhibits to determine if something is unusual or worthy of intervention.

### 1) Size up the person.

As a new customer enters your establishment, begin by “**sizing**” them up – evaluate their current condition. How do they appear? Do they seem relaxed and calm or do they look agitated or frustrated? How old do they look? What is their gender? What type of body do they have? Estimate how many drinks should be their limit.



*In the picture above<sup>48</sup>, the customer appears to be acting normal and casually talking with his friend. No intervention is needed at this time.*

<sup>48</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Recognize-the-Signs-of-Intoxication>

## 2) Observe any changes in appearance.

As time progresses and the customer consumes more alcoholic beverages, converse with them and observe and re-assess his or her appearance.



*In the picture above<sup>49</sup>, the customer appears to be displaying the signs of intoxication and lowered inhibitions (losing self-control). Observe his appearance and overall demeanor.*

<b>Appearance:</b> <sup>50</sup>
<ul style="list-style-type: none"><li>• Bloodshot, glassy, or watery eyes</li><li>• Flushed face</li><li>• Droopy eyelids</li><li>• Blank stare or dazed look</li><li>• Twitching or body tremors</li><li>• Disheveled clothing</li></ul>

<sup>49</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Recognize-the-Signs-of-Intoxication>

<sup>50</sup> Oregon Liquor Control Commission, [http://www.oregon.gov/olcc/docs/publications/50\\_signs\\_visible\\_intoxication.pdf](http://www.oregon.gov/olcc/docs/publications/50_signs_visible_intoxication.pdf)

### 3) Notice any changes in behavior and attitude.

Assess how the customer is communicating with other patrons in the establishment, including bartenders, waitresses, servers, etc.



As the customer becomes increasingly intoxicated, he or she will progress through the stages of poor judgment. This is inappropriate behavior that does not reflect their normal personality. **Foul language, off-color jokes, and overly flirtatious behavior** are signs of poor judgment.<sup>51</sup> Also, if you notice that their consumption rate increases or they start playing drinking games, these could also be signs of poor judgment.

#### **Attitude:**<sup>52</sup>

- Annoying other guests and employees
- Argumentative
- Aggressive or belligerent
- Obnoxious or mean
- Inappropriate sexual advances
- Overly friendly to other guests or employees

<sup>51</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Recognize-the-Signs-of-Intoxication>

<sup>52</sup> Oregon Liquor Control Commission, [http://www.oregon.gov/olcc/docs/publications/50\\_signs\\_visible\\_intoxication.pdf](http://www.oregon.gov/olcc/docs/publications/50_signs_visible_intoxication.pdf)

#### 4) Observe signs of physical and cognitive impairment.

Take note of how the customer speaks and moves. Do you notice any slow or clumsy movements, swaying, dropping objects (such as money or keys), or forgetting thoughts as they talk?



*The image on the left<sup>53</sup> shows the customer lighting a cigarette from the incorrect end, an example of impaired judgment. The image on the right shows the customer stumbling and unable to walk straight. This is a clear indication of intoxication.*

#### **Speech:**<sup>54</sup>

- Thick, slurred speech
- Loud, noisy speech
- Speaking loudly, then quietly
- Rambling train of thought
- Unusually fast or slow talking
- Slow response to questions or comments
- Repetitive statements
- Bravado, boasting
- Making irrational statements

<sup>53</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Recognize-the-Signs-of-Intoxication>

<sup>54</sup> Oregon Liquor Control Commission, [http://www.oregon.gov/olcc/docs/publications/50\\_signs\\_visible\\_intoxication.pdf](http://www.oregon.gov/olcc/docs/publications/50_signs_visible_intoxication.pdf)

Below are some other examples of a customer exhibiting intoxicated behavior:

**Behavior:**<sup>55</sup>

- Careless with money
- Difficulty making change
- Restless
- Depressed or sullen
- Crying or moody
- Extreme or sudden change in behavior
- Overly animated or entertaining
- Crude, inappropriate speech or gestures
- Drowsiness or falling asleep
- Lack of focus and eye contact
- Difficulty standing up
- Unusual walk
- Can't find mouth with glass
- Falling down or falling off of chair
- Difficulty lighting cigarettes
- Lighting more than one cigarette
- Clumsy
- Difficulty remembering
- Spilling drinks
- Disoriented
- Agitated, anxious
- Grinding teeth
- Vomiting

Some other questions to ask yourself:

- Does the person smell of alcohol?
- When did the person enter the premises?
- What type of alcohol has been consumed?
- How much alcohol has the person been witnessed drinking?

---

<sup>55</sup> Oregon Liquor Control Commission, [http://www.oregon.gov/olcc/docs/publications/50\\_signs\\_visible\\_intoxication.pdf](http://www.oregon.gov/olcc/docs/publications/50_signs_visible_intoxication.pdf)

## Lesson 3 — Conversing with Customers & Traffic Light Rating System

---

When serving your customer, it is important to provide a relaxed and comfortable atmosphere for them. Always be polite and friendly when taking orders. Try to get to know a little bit about them – what brings them to the establishment? Are they having a good day? Do they seem irritated or upset about anything?

Being a good server and seller requires you to act like an investigator or psychologist in a sense – “feel” out your customer and try to paint a picture of their personality and intentions for drinking.



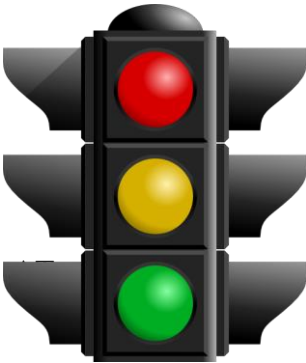
56

Questions to ask the customer:

- “Hi there, how’s your day going?”
- “Are you from here?”
- “What kind of activities or things did you do today?”
- “Is there anything on your mind?”

### Traffic Light Rating System:

A common method used to rate a customer’s level of intoxication is the “Traffic Light” rating system. Start from **green** and go up to **red**.



- Customers in **Green**:
  - Sober, in good mood, only a few drinks — **allowed to serve more.**
- Customers in **Yellow**:
  - Intoxication and impairment signs visible — **slow down service.**
- Customers in **Red**:
  - Extreme intoxication evident, may be violent — **refuse/cut-off service!**

<sup>56</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Make-More-Tips-as-a-Bartender>

## Lesson 4 — Providing Appropriate Intervention

Although it may feel uneasy at times, when a guest is too intoxicated or is becoming impaired, it is necessary to refuse or cut-off alcohol service to them. By using the “Traffic Light” rating system in the previous section, you can already judge at what point a customer needs to stop or slow down drinking. It would be ideal to never have a customer reach a point of complete intoxication or impairment.

Below are a few recommendations on how to prevent a customer from getting intoxicated or drinking too much:

- When you greet your customer, ask them if they would like any **appetizers** or **snacks**, such as chips and salsa, or some other food.
- If you notice the customer beginning to drink excessively, offer some type of light refreshment to slow down the rate of absorption, such as **water**, to help dilute the concentration of alcohol.
- Do not to continuously refill a customer’s alcoholic beverage. Try alternative beverages first.
- Remember to always re-evaluate your customer after every drink, based on the “Traffic Light” rating system.



### Refusing Service.

If the customer is noticeable intoxicated and judgment is impaired, it is critical to immediately cut off service or refuse service altogether if they approach your bar from a previous location.

Many establishments will have their own “house” policies in place regarding the proper steps to take.



Below are the recommended steps to take to refuse or discontinue alcohol service to a customer:<sup>57</sup>

1. **Assess the situation** — assess the severity of the situation. Determine if you need additional help such as management to assist you with the customer.
2. **Bring in a co-worker** — if you are about to discontinue service to a customer, notifying another coworker creates a support system. One of you may choose to arrange transportation for the customer or be ready to step in if things get out of hand.
3. **Create a plan to speak to the customer** — you need to be prepared to explain why you are discontinuing service. Inform the customer regarding the **law** and the **establishment policy**. Say something like, “I’m sorry sir, but I am not allowed to serve any more alcohol to you.”
4. **Execute the plan quickly and firmly** — the goal is to quickly discontinue alcohol service without causing a scene or embarrassing the customer. Remain respectful to the customer at all times and try to work out the situation amicably.
5. **Be careful what you say** — never insult the guest or make statements like, “You’re wasted!” or “Get out of my bar!” Say something like, “I think you have had enough of that drink for tonight, how about something else instead like water?”
6. **Remove the alcohol** — proceed by removing the alcohol from the customer’s reach. In a bar or restaurant setting, move all the bottles and glasses away from the customer. In a retail setting, place the bottle under the counter or somewhere away from the customer.
7. **Remain firm with your decision** — once you have discontinued service, emphasize the law again and state that you cannot change your mind.
8. **Continue with other tasks** — go help another customer. Do not continue arguing or potentially causing more conflict with the customer. Instead, go help other patrons or work on other tasks.

---

<sup>57</sup> [http://www.servingitright.com/beverage\\_service\\_learn\\_19.html](http://www.servingitright.com/beverage_service_learn_19.html)

## Incident Report.

It is strongly recommended to write an incident report after the situation in order to have the situation on file in case it was ever brought up by a customer or management. The report should be as detailed as you can make it to paint a picture of what happened. Below is an example of an incident report:

### Incident Report

Date of Incident: 02/14/2015 Time: 11:20 pm

Location: Daddy's Bar in Lobby

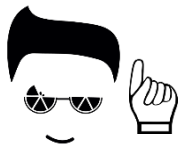
Manager: Mark Smith

Employee(s) present: Lisa Roberts, Adam Jones

At 11:20 pm on Valentine's Day evening, customer Josh Parker entered Daddy's Bar in the lobby and ordered 2 drinks. He then requested a third drink and I suggested he snack on some pretzels instead. Josh refused and insisted on having another scotch. He did not appear visibly intoxicated yet so I proceeded with his request.

After coming back to check on him in a few minutes, the customer was visibly impaired and acting irate and uneasy, demanding more drinks. I calmly told him the law did not allow me to serve him any more alcohol. He got very upset with me and through his glass on the floor and ran out. I immediately called my supervisor who then called security and escorted him out to a taxi.

- Lisa Roberts



## SECTION 3

### Review Questions

---

1. As a server/seller, you have the right to refuse service to anyone you do not feel comfortable serving.
  - a. True
  - b. False
2. An intoxicated person will display what sign(s) of poor judgment?
  - a. Foul language
  - b. Off-color jokes
  - c. Overly flirtatious behavior
  - d. All of the above
3. When conversing with a customer, what would be the best question to ask them to get a better idea of their impairment?
  - a. "Hello, what can I get you to drink?"
  - b. "Can I start you off with a fresh beer?"
  - c. "Hi there, how's your day going so far?"
4. A customer who appears to be sober, in a good mood, and may have only had a few drinks would be rated as what color in the "Traffic Light" rating system?
  - a. Green
  - b. Yellow
  - c. Red
5. A customer looks very intoxicated and unable to walk straight. What color would you rate him?
  - a. Green
  - b. Yellow
  - c. Red



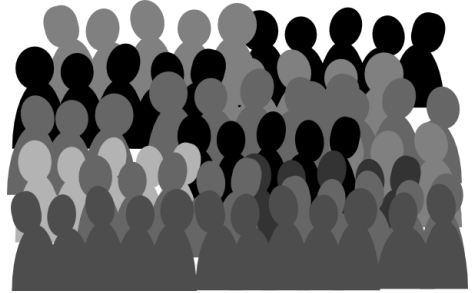
## SECTION 4: Preventing Fights & Disturbances

### Lesson 1 — Establishment Safety

---

Safety of the establishment is an utmost concern and must be exercised at all times. It is important to make all guests, employees, and other members feel safe and secure in your place of business. Always be on the lookout for unusual disturbances or possible hazards that may arise. Be sure to adhere to all establishment policies, including the **maximum occupancy capacity** allowed.

Oftentimes, many people tend to congregate or loiter outside of the establishment, causing unnecessary violence or other dangers to occur.



Large groups of people may create **litter**, **deter customers away** from the establishment, and result in **nuisances** or **safety concerns** for the community and staff. It may also cause **underage** people to illegally gain access to the establishment by dodging door staff who are distracted by the large crowds or situation.

Steps to reduce loitering or congregating outside your establishment:<sup>58</sup>

- Provide a **well-lit area** outside of the establishment for proper surveillance of people outside; bright lighting will also deter illegal and/or destructive behavior from taking place.
- **Remove** any **objects** or materials that block the ability to monitor the property clearly.
- Post signs stating “**No Loitering**” and state that security will be called.

---

<sup>58</sup> State of Maine, *A Guide for Bars & Restaurants Serving Alcohol*

## Lesson 2 — Active Monitoring of Patrons & Intervention

---

As discussed in previous lessons, it is important to consistently converse with your customers in order to access their level of intoxication. Furthermore, it is necessary to “**actively monitor**” their behavior – from listening to their conversations with other patrons, to accessing how their personality and mood changes with each drink. If you notice something getting out of hand or about to spiral out of control, being able to respond to it before it gets violent is the best approach.

For example, if you notice two people arguing and talking loudly to each other, cursing, becoming physical or confrontational, it would be a wise idea to **notify security** of the situation so that they are on alert of what is going on and can properly intervene if the need arises. It would also be a good idea to approach that party and explain to them that yelling or being loud is **not permitted in the establishment**.

*Try to make that event a “non-event.”*

Remember to **never touch** or place your hands on a customer. That will only make things worse!

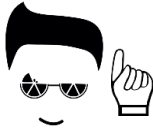


- Do not get too close to the customer or enter their personal space; that may cause them to be violent or injure you, especially when they are impaired.
- Always move back and notify security if a customer becomes aggressive.

With any situation, **stay calm** and **collected**, do not get **angry** or **raise your voice**; **apologize** to the customer if they are upset, and be prepared to have **more help** to deal with the situation. **Do not intervene** by yourself.

---

<sup>59</sup> Image courtesy of wikiHow, Creative Commons License, <http://www.wikihow.com/Deal-With-Aggressive-Customers>



## Lessons 1-2: Review Questions

---

1. Large groups of people may create litter and deter customer away from your establishment.
  - a. True
  - b. False
  
2. A good way to reduce loitering or congregating outside your establishment is to:
  - a. Provide a well-lit area outside of the establishment for proper surveillance of people outside.
  - b. Remove any objects or materials that block the ability to monitor the property clearly.
  - c. Post signs stating "No Loitering" and state that security will be called.
  - d. All of the above.
  
3. Why is it important to not get too close to a customer or enter their personal space?
  - a. They may become violent or injure you.
  - b. It is not your responsibility to intervene and resolve the situation.
  - c. All of the above.
  - d. None of the above.



## SECTION 5: Minors and Alcohol

*This section will emphasize the law regarding minors and alcohol and the importance of recognizing and preventing the service and sale of alcohol to them.*

### Lesson 1 — Nevada Law and Minors

---

Minors in alcohol establishments is a serious issue and must be treated with accordingly by all team members involved.

Nevada law (NRS 202.030)<sup>60</sup> prohibits any person **under 21 years of age** to loiter or remain on the premises of any saloon where spirituous, malt or fermented liquors or wines are sold. This is punishable by a fine up to **\$500**. This does not apply to establishments wherein spirituous, malt or fermented liquors or wines are served only in **conjunction with regular meals** and where dining tables or booths are provided **separate** from the bar; or any grocery store or drugstore where spirituous, malt or fermented liquors or wines are not sold by the **drink for consumption** on the **premises**.

#### **Purchasing, consuming or possessing alcoholic beverages by minors.<sup>61</sup>**

Any person under 21 years of age who **purchases any alcoholic beverage** or any such person who **consumes** any alcoholic beverage in any saloon, resort or premises where spirituous, malt or fermented liquors or wines are sold is **guilty of a misdemeanor**.



---

<sup>60</sup> Nevada Revised Statute § 202.030 “Minor loitering in place where alcoholic beverages sold.”

<sup>61</sup> NRS § 202.020 “Purchase, consumption or possession of alcoholic beverage by minor.”

Any person under 21 years of age who, for any reason, **possesses any alcoholic beverage** in public is **guilty of a misdemeanor**.

Possession “**in public**” includes possession:

- On any street or highway;
- In any place open to the public; and
- In any private business establishment which is in effect open to the public.

The term does not include:

- Possession for an established religious purpose;
- Possession in the presence of the person’s parent, spouse or legal guardian who is 21 years of age or older;
- Possession in accordance with a prescription issued by a person statutorily authorized to issue prescriptions;
- Possession in private clubs or private establishments; or
- The selling, handling, serving or transporting of alcoholic beverages by a person in the course of his or her lawful employment by a licensed manufacturer, wholesaler or retailer of alcoholic beverages.

**Selling or providing alcoholic beverages to minors; helping minors to purchase or procure alcoholic beverages; policy to prevent minor from obtaining alcoholic beverage through use of Internet.**<sup>62</sup>

Nevada law states that any person who knowingly:

- Sells, gives or otherwise furnishes an alcoholic beverage to any person under 21 years of age;
- Leaves or deposits any alcoholic beverage in any place with the intent that it will be procured by any person under 21 years of age; or
- Furnishes, gives, or causes to be given any money or thing of value to any person under 21 years of age with the knowledge that the money or thing of value is to be used by

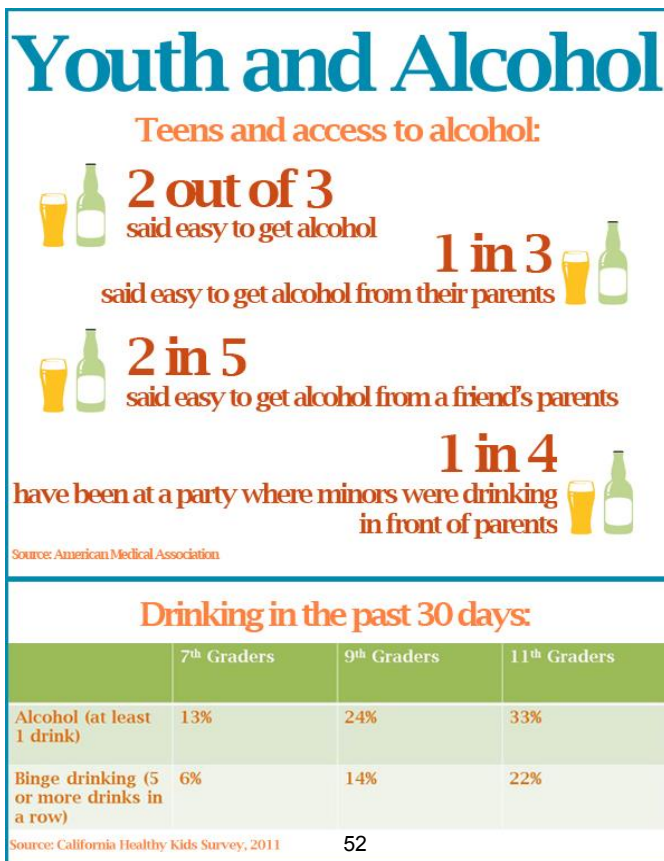
---

<sup>62</sup> NRS § 202.055 “Sale or furnishing of alcoholic beverage to minor; aiding minor to purchase or procure alcoholic beverage; policy to prevent minor from obtaining alcoholic beverage through use of Internet.”

the person under 21 years of age to purchase or procure any alcoholic beverage, is **guilty of a misdemeanor**.

Any person who **sells, gives** or otherwise **furnishes** alcoholic beverages through the use of the **Internet** shall **adopt a policy** to prevent a person under 21 years of age from obtaining an alcoholic beverage from the person through the use of the Internet. The policy must include, without limitation, a method for ensuring that the person who delivers the alcoholic beverages **obtains the signature** of a person who is over the age of 21 years when delivering the beverages and that the packaging or wrapping of the alcoholic beverages when they are shipped is clearly marked with words that describe the alcoholic beverages. **A person who fails to adopt a policy stated above is guilty of a misdemeanor and shall be punished by a fine up to \$500.**

Based on the laws above, it is clear that serving or selling alcohol to underage patrons is strictly prohibited and illegal. You must do everything in your power to prevent this type of behavior from taking place.



## Lesson 2 — Age and ID Verification

Some minors will do whatever they can to obtain alcoholic beverages illegally. Some will present with fake identification cards, change their appearance to look older than their age, attempt to bypass security checkpoints, and even have friends or strangers purchase them alcohol.



### Age verification.

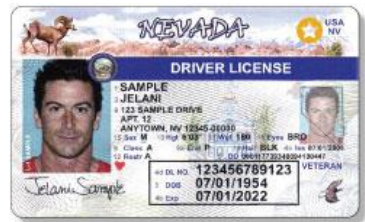
There are a few easy tricks to quickly identify if a patron is at least 21 years of age. One method is to simply remember the year that a patron must be born to be of legal age. For example, if the year is May of **2015**, the patron must have been born by at least May of **1994** ( $2015 - 21 = 1994$ ). So when checking IDs, the year of birth must at least have the year 1994 or earliest.

Another way of verifying age quickly is to simply add 21 to the year of their birth. For example, if the patron was born on June of **1990**, add **21** to it ( $1990 + 21 = 2011$ ), thus the year must be at least **2011**. Choose a method that is easier for you to remember.

### Valid forms of identification.

The following are all valid forms of identification:

- Driver's License
- State Identification Card
- Passport
- Military Identification Card
- Immigration Card



Valid identifications must be issued by the **government**, have a **photo** of the person, **birth date**, and not past **expiration**. Additional details may contain the person's mailing address, gender, physical features (i.e. height, weight, hair and eye color), as well as their gender.

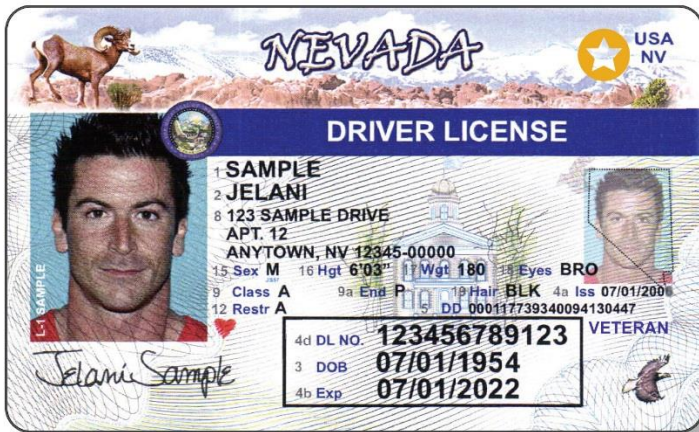
IDs **not considered valid** forms of identification include:

- School student ID cards
- Credit or other payment cards
- CPR certification cards
- Alcohol awareness cards
- Gym/recreation center cards or library cards

## Driver License Designs

Nevada introduced several changes in the design of driver's licenses and identification cards in 2014. The DMV began offering a **Veteran designation** to veterans with an honorable discharge on January 2, 2014. The state also began to issue **Driver Authorization Cards** to motorists who cannot meet the proof of identity standards for a driver's license. Licenses and ID cards issued or renewed in 2014 or later may be valid for up to **eight years**. On November 12, 2014, the DMV began issuing licenses and ID cards that comply with the federal **Real ID Act** of 2005.<sup>63</sup>

Below is a sample of a Nevada Real ID license with a Gold Star in the upper right hand corner of the card:



The card above was printed from January 11, 2010 and later discontinued on April 30, 2010.

<sup>63</sup> Department of Motor Vehicles, Nevada, <http://dmvnev.com/dlledesign.htm>

## Real ID Licenses and Standard Driver Licenses:<sup>64</sup>



A Real ID driver's license or ID card has a **gold circle** with a **star** cut-out in the upper right-hand corner.

Standard licenses or ID cards have a heading stating "NOT FOR FEDERAL OFFICIAL USE." However, they will be accepted for boarding aircraft and other federal purposes until October 1, 2020.

Licenses and ID cards will be marked "LIMITED TERM" when immigration documents are used to prove identity. These expire at the same time as the holder's U.S. Visa.

Cards issued prior to November 12, 2014 remain valid until they expire or are otherwise replaced. However, they do not contain the gold circle or the statements on federal use or limited term.

Licenses issued to residents **under 21 years of age** have a **vertical format**.

<sup>64</sup> Department of Motor Vehicles, Nevada, <http://dmvnev.com/dldesign.htm>

## Driver Authorization Card:



01/02/2014 to Present

Driver Authorization Cards are marked “NOT VALID FOR IDENTIFICATION” and “DRIVER AUTHORIZATION CARD.”

These cards are **not valid identification** and are not accepted for boarding aircraft or other federal purposes. The DMV began issuing these cards on January 1, 2014 to illegal immigrants living in Nevada.

## Adult License:



05/04/2011 to 11/11/2014

The current design of all cards except those issued to minors.

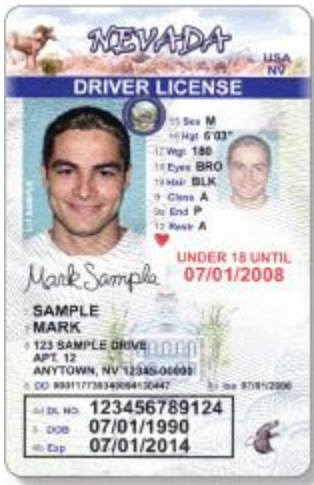
Commercial licenses, ID cards, etc., are designated as such in the banner that shows "DRIVER LICENSE" in this example.



The back of the license includes a barcode, information on endorsements and restrictions and security enhancements.

These will be accepted for boarding aircraft and other federal purposes until October 1, 2020.

## Minor License:



05/04/2010 to 11/11/2014

Cards issued to those under 21 years of age use a vertical format.

If the holder is under 18 at issuance, the card will feature a red banner with the words "Under 18 Until" followed by the date the cardholder will turn 18.

Cards issued at ages 18-20 are in the vertical format but do not include the **red banner**.

These will be accepted for boarding aircraft and other federal purposes until October 1, 2020.

## Older License Types

### Adult License:



2008 to 2010

The first Nevada license under Central Issuance was issued at the Carson City office on October 10, 2008. The statewide rollout was completed on January 13, 2009.

## Minor License:



2008 to 2010

Licenses issued to drivers under 18 have a red banner indicating their 18th birthday.

Licenses issued to drivers 18 - 20 are in the vertical format but do not have a red banner.

Minor licenses issued in early 2010 followed the ASI rules listed above and may or may not have a gold star.

## Adult License:



2002 to 2009

Digitized driver licenses and identification cards in the original style were issued from May, 2002, through January, 2009.

## Minor License:



2002 to 2009

Under 21 cards displayed a vertical format and the words "Under 21 Until" followed by the date the cardholder would turn 21 in a yellow bar.

## Film-Based Designs:



### Adult License

Film-based licenses and ID cards were issued to all Nevadans prior to 2002. Travel teams in remote areas continued to issue film licenses through 2006.



### Under 21 – No Alcohol

The license issued to drivers between 18 and 21 had a yellow header bar across the top with the words "MINOR DRIVER UNDER 21" in red print.



### Under 18 – No Alcohol/Tobacco

The license issued to young people under 18 has a light blue header bar across the top of the license with the words "MINOR DRIVER UNDER 18" printed in yellow in the upper right corner. Nevada began issuing the Under 21 licenses pictured here in April, 1998. Under 21 licenses issued prior to that date were identical to the adult license.

## Checking ID Cards.

Many establishments have a police of checking ID cards regardless of age, while others tend to check cards when a patron appears to be under the age of 30.

Do the following when examine an ID:

- **REMOVE**
- **LOOK**
- **TOUCH/FEEL**
- **EXAMINE**

- Look directly into the patron's **eyes**.
  - If customer appears nervous, looks away, or does not allow you to hold the Card, **REFUSE SERVICE**.
- Check where they are removing their **ID** from.
  - Typically, **IDs** should be removed from the customer's wallet or purse.
  - Make sure that they physically hand it to you for evaluation.
- If suspicion on patron's age, be sure to ask them to tell you their age or year of birth.
  - If they hesitate or stumble, or provide the incorrect age or date, **REFUSE SERVICE**.
  - You may also ask them questions such as their address or Zip code.
- Touch and examine the **ID** present:
  - Does it feel right? Does it bend normally? Does the text look correct and standard?

False or misleading ID cards typically occur from these instances:

- **Borrowed** – lost, knowingly taken or stolen **ID** from another person (could be a friend or family member).
- **Altered** – photograph could have been removed and replaced, different date of birth or characteristic.
- **Forged** – a real document was provided with incorrect information on it.
- **Counterfeited** – a common type of false **ID**. This could be obtained from an online store, a mail order, or photocopied.

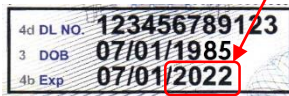
## Examine the ID's security features.

Does the color look normal?

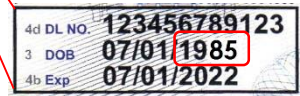


Notice the security pattern on the card.

Does it appear to be consistent throughout?



Make sure card is not expired.



Does the date of birth appear to be altered?

Always as for second ID if you suspect the ID to be false.

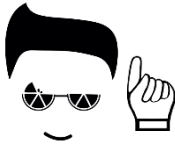
If you are going to refuse service to a patron, be sure to let them know why. Do not try to embarrass them or make a scene. Instead, stay calm and explain to them that you do not feel comfortable with them entering the establishment. If they are insistent, notify security or management.

### ID Confiscation.

Some establishments may not be allowed to confiscate a patron's ID card – even if it appears to be false. Be sure to follow your house policy regarding false identification. You may be allowed to confiscate it and notify the police. If you feel the person is dangerous or may harm you, then return the ID to prevent confrontation.

**Remember that serving or selling alcoholic beverages to minors is considered a misdemeanor!**

Be proactive in your establishment and do everything possible to ensure that minors are prevented from entering or purchasing alcohol. It all starts with you!



## Lessons 1-2 Review Questions

---

1. Nevada law prohibits any person under 21 year sof age to loiter or remain on the premises of any saloon where alcohol is served.
  - a. True
  - b. False
  
2. Any person under 21 years of age who purchases any alcoholic beverage is guilty of a:
  - a. Felony
  - b. Misdemeanor
  - c. Infarction
  - d. All of the above
  
3. If the year is May of 2015, the patron must be born by at least May of what year in order to be of legal age?
  - a. 1990
  - b. 1992
  - c. 1993
  - d. 1994
  
4. When checking for an ID, you notice the patron appearing to be nervous and looking away from you, what should you do?
  - a. Let the patron inside the establishment if ID looks okay.
  - b. Ask the patron for a second ID to confirm the first ID.
  - c. Refuse service immediately and have the patron leave.



## SECTION 6: Nevada Alcohol Laws & Regulations

*This section will provide a general overview of state and local laws regarding alcohol sales and establishment liability. (Specific laws regarding the sale and purchase of alcohol by minors was discussed in Section 5).*

---

### Lesson 1 — State Laws

---

#### **Alcohol Server Liability.**

Alcohol servers and sellers in Nevada are immune from civil liability as a result of injury caused by a person to whom they sold, served or furnished alcohol. This is quite different than in many other states, where servers are held just as liable as the intoxicated person who causes the injury. The term **“Dram Shop”** or **“third party liability”** holds those servers accountable if anything were to happen to the intoxicated person.

In 2007, the law was amended and now only immunizes liability if the person served was 21 years of age or older. If a person under the age of 21 is served, the furnisher of the alcohol is liable and may have to pay actual damages, punitive damages, and attorney's costs.

**Liability of person who serves, sells or furnishes alcoholic beverages for damages caused as a result of consumption of alcoholic beverage: No liability if person served is 21 years of age or older; liability in certain circumstances if person served is under 21 years of age; exception to liability; damages, attorney's fees and costs.**<sup>65</sup>

- A person who serves, sells or otherwise furnishes an alcoholic beverage to another person who is 21 years of age or older is not liable in a civil action for any damages caused by the person to whom the alcoholic beverage was served, sold or furnished as a result of the consumption of the alcoholic beverage.
- Except as otherwise provided in this section, a person who:
  - Knowingly serves, sells or otherwise furnishes an alcoholic beverage to an underage person; or

---

<sup>65</sup> Nevada Revised Statutes § 41.1305 “Liability of person who serves, sells or furnishes alcoholic beverages...”

- Knowingly allows an **underage person** (under 21) to consume an alcoholic beverage on premises or in a conveyance belonging to the person or over which the person has control,
  - ➔ is **liable in a civil action** for any damages caused by the underage person as a result of the consumption of the alcoholic beverage.
- The liability does not apply to a person who is licensed to serve, sell or furnish alcoholic beverages or to a person who is an employee or agent of such a person for any act or failure to act that occurs during the course of business or employment and any such act or failure to act may not be used to establish proximate cause in a civil action and does not constitute negligence per se.
  - A person who prevails in an action may recover the person's actual damages, attorney's fees and costs and any punitive damages that the facts may warrant.

## **Saloonkeeper allowing minor to remain in establishment.<sup>66</sup>**

Any proprietor, keeper or manager of a saloon or resort where spirituous, malt or fermented liquors or wines are sold, who shall, knowingly, allow or permit any person under the age of 21 years to remain therein shall be punished by a fine of not more than \$500. Nothing in this section shall apply to:

1. Establishments wherein spirituous, malt or fermented liquors or wines are served only in conjunction with regular meals and where dining tables or booths are provided separate from the bar; or
2. Any grocery store or drugstore where spirituous, malt or fermented liquors or wines are not sold by the drink for consumption on the premises.

## **Preparation, transfer or use of false identification regarding person under 21 years of age; penalties; demand of proof of age as defense to certain proceedings.<sup>67</sup>**

1. Every person who counterfeits, forges, alters, erases or obliterates, or who attempts to counterfeit, forge, alter, erase or obliterate any card, writing, paper or document, or any photocopy print, photostat, or other replica of any card, writing, paper or document which is designed for the purpose of personal identification and which bears the age of the holder or purported holder thereof, or which, although not designed for the purpose of personal identification, is commonly used, or capable of being used for the purpose of

---

<sup>66</sup> Nevada Revised Statutes § 202.060 "Saloonkeeper allowing minor to remain in establishment."

<sup>67</sup> Nevada Revised Statutes § 205.460 "Preparation, transfer or use of false identification regarding person under 21 years of age; penalties; demand of proof of age as defense to certain proceedings."

personal identification and bears the age of the holder or purported holder thereof, with the intention that such card, writing, paper or document, or photocopy print, photostat or other replica thereof, be used by a person under the age of 21 years to establish falsely or misrepresent his or her actual age for the purpose of purchasing alcoholic liquor or being served alcoholic liquor in a place where it is served for consumption on the premises, or entering gambling establishments, or engaging in gambling in gambling establishments, shall be guilty of a misdemeanor. For the purposes of this subsection, the cards, writings, papers or documents and the photocopy prints or other replicas thereof which, although not designed for the purpose of personal identification, are commonly used, or capable of being used, for the purpose of personal identification, include, but are not limited to, an operator's license, chauffeur's license, fishing or hunting license, selective service card, organizational membership card, certificate of discharge from the Armed Forces, or certificate or other record of birth.

2. Every person who sells, lends, gives away or offers, or attempts to sell, lend, give away or offer, any counterfeited, forged, altered, erased or obliterated card, writing, paper or document, or photocopy print, photostat or other replica thereof, of the kind mentioned in subsection 1, to a person under the age of 21 years, shall be guilty of a gross misdemeanor.

3. Every person under the age of 21 years who uses or attempts to use or proffers any counterfeited, forged, erased or obliterated card, writing, paper, document, or any photocopy print, photostat or other replica thereof, of the kind mentioned in subsection 1, for the purpose and with the intention of purchasing alcoholic liquor or being served alcoholic liquor in a place where it is served for consumption on the premises, or entering gambling establishments, or engaging in gambling in gambling establishments, or who actually purchases alcoholic liquor or is actually served alcoholic liquor in a place where it is served for consumption on the premises, or actually enters a gambling establishment or actually gambles therein, when the purchase, service, entering or gambling is induced or permitted by the presentation of any such card, writing, paper or document, or any photocopy print, photostat or other replica thereof, shall be guilty of a misdemeanor.

4. In any criminal prosecution or proceeding for the suspension or revocation of any license based upon the violation of any law making it unlawful to sell, serve or furnish a person under the age of 21 years alcoholic liquor or upon violation of any law making it unlawful to allow a person under the age of 21 years to enter a gambling establishment or engage in gambling in a gambling establishment, proof that the defendant licensee, or his or her agent or employee, demanded and was shown, immediately before furnishing any alcoholic liquor to a person under the age of 21 years or allowing a person under the age of 21 years to enter a gambling establishment or engage in gambling in a gambling establishment, bona fide documentary evidence of the majority and identity of the person issued by a federal, state, county or municipal government,

or subdivision or agency thereof, including, but not limited to, an operator's license for a motor vehicle, a registration certificate issued under the Federal Selective Service Act, or an identification card issued to a member of the Armed Forces, is a defense to the prosecution or proceeding for the suspension or revocation of any license.

**Sale of intoxicating liquors: Sale by minors allowed in certain circumstances.**<sup>68</sup>

A person who has attained the age of 16 years and has not attained the age of 18 years may be employed in a retail food store for the sale or disposition of liquor if:

1. He or she is supervised by a person who is 18 years of age or over and who is an owner or an employee of the business which sells or disposes of the liquor;
2. Such person 18 years of age or over who is supervising such person under 18 is actually present at the time that such person under 18 sells or disposes of the liquor; and
3. The liquor is in a container or receptacle which is corked or sealed.

**Signing and posting of license; license nontransferable; change of location.**<sup>69</sup>

Each license shall:

1. Be signed by the licensee or the authorized representative of the licensee.
2. Be posted in a conspicuous place in the premises for which it was issued
3. Be nontransferable, except that upon prior written notice to the Department the location of the premises for which it was issued may be changed.

**Food establishments which sell alcoholic beverages for consumption on premises required to post signs concerning birth defects; exception.**<sup>70</sup>

1. Except as otherwise provided in subsection 5, each food establishment in which alcoholic beverages are sold by the drink for consumption on the premises shall post at least one sign that meets the requirements of this section

---

<sup>68</sup> Nevada Revised Statutes § 244.351 "Sale of intoxicating liquors: Sale by minors allowed in certain circumstances."

<sup>69</sup> Nevada Revised Statutes § 369.220 "Signing and posting of license; license nontransferable; change of location."

<sup>70</sup> Nevada Revised Statutes § 446.842 "Food establishments which sell alcoholic beverages for consumption on premises required to post signs concerning birth defects; exception."

in a location conspicuous to the patrons of the establishment. The conspicuous location described in this subsection may include, without limitation, a women's restroom that is located within the establishment.

2. Each sign required by subsection 1 must be not less than 8 1/2 by 11 inches in size and must contain a notice in boldface type that is clearly legible and, except as otherwise provided in paragraph (a) of subsection 4, in substantially the following form:

#### HEALTH WARNING

Drinking wine, beer and other alcoholic beverages during pregnancy can cause birth defects.

#### ¡ADVERTENCIA!

El consumo de vino, cerveza y otras bebidas alcohólicas durante el embarazo puede causar defectos físicos y/o mentales en el feto.

3. The letters in the words "HEALTH WARNING" and "¡ADVERTENCIA!" in the sign must be written in not less than 40-point type, and the letters in all other words in the sign must be written in not less than 30-point type.

### **NRS 484C.110 Unlawful acts; affirmative defense; additional penalty for violation committed in work zone. [Effective until the date of the repeal of the federal law requiring each state to make it unlawful for a person to operate a motor vehicle with a blood alcohol concentration of 0.08 percent or greater as a condition to receiving federal funding for the construction of highways in this State.]**

1. It is unlawful for any person who:

(a) Is under the influence of intoxicating liquor;

(b) Has a concentration of alcohol of 0.08 or more in his or her blood or breath; or

(c) Is found by measurement within 2 hours after driving or being in actual physical control of a vehicle to have a concentration of alcohol of 0.08 or more in his or her blood or breath,

→ to drive or be in actual physical control of a vehicle on a highway or on premises to which the public has access.

2. It is unlawful for any person who:

(a) Is under the influence of a controlled substance;

(b) Is under the combined influence of intoxicating liquor and a controlled substance; or

(c) Inhales, ingests, applies or otherwise uses any chemical, poison or organic solvent, or any compound or combination of any of these, to a degree which renders the person incapable of safely driving or exercising actual physical control of a vehicle,

→ to drive or be in actual physical control of a vehicle on a highway or on premises to which the public has access. The fact that any person charged with a violation of this subsection is or has been entitled to use that drug under the laws of this State is not a defense against any charge of violating this subsection.

3. It is unlawful for any person to drive or be in actual physical control of a vehicle on a highway or on premises to which the public has access with an amount of a prohibited substance in his or her blood or urine that is equal to or greater than:

Prohibited substance	Urine Nanograms per milliliter	Blood Nanograms per milliliter
(a) Amphetamine	500	100
(b) Cocaine	150	50
(c) Cocaine metabolite	150	50
(d) Heroin	2,000	50
(e) Heroin metabolite:		
(1) Morphine	2,000	50
(2) 6-monoacetyl morphine	10	10
(f) Lysergic acid diethylamide	25	10
(g) Marijuana	10	2
(h) Marijuana metabolite	15	5
(i) Methamphetamine	500	100
(j) Phencyclidine	25	10

4. If consumption is proven by a preponderance of the evidence, it is an affirmative defense under paragraph (c) of subsection 1 that the defendant consumed a sufficient quantity of alcohol after driving or being in actual physical control of the vehicle, and before his or her blood or breath was tested, to cause the defendant to have a concentration of alcohol of 0.08 or more in his or her blood or breath. A defendant who intends to offer this defense at a trial or preliminary hearing must, not less than 14 days before the trial or hearing or at such other time as the court may direct, file and serve on the prosecuting attorney a written notice of that intent.

# Drinking and Driving Laws in Nevada

---

## Legal Drinking Limit.

The State of Nevada prohibits driving with a blood alcohol concentration (BAC) of **.08 percent** or above.<sup>71</sup> Anything lower than 0.08% blood alcohol concentration is considered legal.

## How much do you have to drink (BAC) for a DUI in Nevada?

<b>Under 21</b>	.02%
<b>21 or older</b>	.08%
<b>Commercial</b>	no minimum

## What are the penalties for a DUI in Nevada?<sup>72</sup>

	<b>1<sup>st</sup> Offense</b>	<b>2<sup>nd</sup> Offense</b>	<b>3<sup>rd</sup> Offense</b>
<b>Jail</b>	2 days to 6 months	10 days to 6 months	1 to 6 years
<b>Fines and Penalties</b>	\$400 to \$1,000	\$750 to \$1,000	\$2,000 to \$5,000
<b>License Suspension</b>	90 days	1 year	3 years
<b>IID** Required</b>	Possible	Possible	Yes

## \*\*What is an Ignition Interlock Device (IID)?<sup>73</sup>

An ignition interlock device (IID) is similar to a breathalyzer, however an IID is connected to the **vehicle dashboard** or other location inside the vehicle and requires that a driver **breathe** into the device prior to starting the vehicle. If the ignition interlock device detects the blood alcohol concentration of the driver to be **above** the programmed limit in the ignition interlock device, then the engine of the vehicle will **not start**.



---

<sup>71</sup> Nevada Revised Statutes § 484C.020. 015 “Concentration of alcohol of 0.08 or more in his or her blood or breath” defined.

<sup>72</sup> Driving Laws - DUI, <http://dui.drivinglaws.org/nevada.php>

<sup>73</sup> Ignition Interlock Device, <http://dui.drivinglaws.org/interlock.php>

**NRS 483.461 Mandatory suspension of license of person less than 21 years of age if test shows concentration of alcohol of 0.02 or more but less than 0.08 in blood or breath; cancellation of suspension and credit toward subsequent revocation or suspension. [Effective until the date of the repeal of the federal law requiring each state to make it unlawful for a person to operate a motor vehicle with a blood alcohol concentration of 0.08 percent or greater as a condition to receiving federal funding for the construction of highways in this State.]**

1. If the result of a test given pursuant to NRS 484C.150 or 484C.160 shows that a person less than 21 years of age had a concentration of alcohol of 0.02 or more but less than 0.08 in his or her blood or breath at the time of the test, the person's license, permit or privilege to drive must be suspended for a period of 90 days.

2. If a revocation or suspension of a person's license, permit or privilege to drive for a violation of NRS 62E.640, 484C.110, 484C.120, 484C.130 or 484C.430 follows a suspension ordered pursuant to subsection 1, the Department shall:

(a) Cancel the suspension ordered pursuant to subsection 1; and

(b) Give the person credit toward the period of revocation or suspension ordered pursuant to NRS 62E.640, 484C.110, 484C.120, 484C.130 or 484C.430, whichever is applicable, for any period during which the person's license, permit or privilege to drive was suspended pursuant to subsection 1.

3. This section does not preclude:

(a) The prosecution of a person for a violation of any other provision of law; or

(b) The suspension or revocation of a person's license, permit or privilege to drive pursuant to any other provision of law.

## **Lesson 2 — Local/Municipal Laws**

---

### **Clark County — Code of Ordinances**

#### **8.20.220 - Work identification cards for personnel.**

All owners, officers, directors, managers and stockholders actively engaging in the management and operation of a liquor business, including all other persons who are directly authorized by the owner(s) to exercise supervision and control of, and to establish policies for, the operation of said business and employees as defined at 8.24.010(B) and (C) must present themselves to the fingerprint bureau of the Las Vegas metropolitan police department and secure a nontransferable work identification card therefrom prior to operating or working in the establishment; and the work identification card shall be carried upon the person at all times, and must be maintained current. The work identification card may be suspended or

revoked as provided in Sections 8.24.060 and 8.24.070. No person shall be employed by any applicant or licensee without first complying with the provisions of this section, and it shall be the duty of the applicant or licensee to require strict compliance herewith by any employee.

**8.20.276 - Business must be open to the general public.**

It shall be unlawful for any licensed liquor establishment to be closed to the general public any and all times that liquor is sold, served, consumed, distributed or allowed to be sold, served, consumed or distributed. This prohibition shall not however be applicable to the following establishments: clubs, interactive sports facilities, theatrical and production event facilities, resort clubs, banquet hall, and any liquor licensees at or operated in conjunction with a golf course.

**8.20.300 - Serving intoxicated persons.**

It is unlawful for any licensee under the provisions of this chapter, or any of his servants or employees, to sell, serve or give away alcoholic liquor to any intoxicated person.

**8.20.312 - Drive-thru window restrictions.**

It shall be unlawful for any liquor licensee to sell, serve, allow consumption, give away or distribute or cause or permit to be sold, offered for sale, served, given away or distributed any alcoholic liquor through any drive-thru window. Drive-thru windows in establishments that are licensed for alcoholic liquor shall, at all times the window is open to the public, be under the supervision of a person who is at least twenty-one years of age. Drive-thru windows in establishments licensed for liquor shall not be located at or near the bar/lounge area. No alcohol container shall be opened nor shall any alcoholic drink be prepared or served from the kitchen or food preparation area of an establishment licensed for liquor that has a drive-thru window. Alcoholic liquor licensees who operate drive-thru windows shall post signs that provide notice that the Clark County Code prohibits the sale, service and distribution of alcoholic beverages through such windows. These signs shall be posted in conspicuous places:

- (a) Inside the building, in the area where employees operate the window; and
- (b) Outside the building, where customers place orders for service and at the pick-up window.

**8.20.340 - Unlawful to serve minors.**

It is unlawful for any licensee or any person employed in a place of business which sells alcoholic liquor to sell, serve, give away or dispense alcoholic liquor to any minor. For the purpose of this section a person shall be deemed to be employed in a place of business which sells alcoholic liquor if he is clothed or vested with ostensible authority to make sales, whether actually receiving a wage or not.

### **8.20.380 Intoxication on premises of licensee or employees.**

It is unlawful for any licensee or any of his servants, agents or employees to be in an intoxicated condition in or about the premises where a tavern business is being conducted while such licensee, servant, agent or employee is engaged in the performance of his employment duties at the tavern.

### **12.35.010 - Unlawful—Where.**

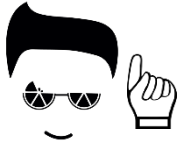
The drinking of any intoxicating liquor or any fermented malt beverage or the possession of any open container which contains an intoxicating liquor or fermented malt beverage is unlawful in the following places:

- (A) Within one thousand feet of the store from which liquor, beer and wine was purchased in closed containers, except on residential property;
- (B) In any parking lot;
- (C) On the property or premises of the establishment from which the closed container of liquor, beer or wine was purchased.

### **12.35.020 - Open containers unlawful in motor vehicles.**

- (A) It is unlawful for a person to have in his or her possession, or on his or her person, while in a motor vehicle upon a highway, any bottle, can or other receptacle containing any alcoholic beverage which has been opened, or a seal broken, or the contents of which have been partially removed.

*A more detailed list of all laws and county ordinances may be found online.*



## Lessons 1-2 Review Questions

---

1. In the state of Nevada, servers/sellers are immune from liability on patrons 21 years of age or older.
  - a. True
  - b. False
2. The legal drinking limit for alcohol is a BAC of \_\_\_\_ or less.
  - a. 0.06
  - b. 0.08
  - c. 0.10
  - d. 0.12
3. A DUI in Nevada will result in a license suspension of:
  - a. 30 days
  - b. 60 days
  - c. 90 days
  - d. 180 days
4. A customer who appears to be sober, in a good mood, and may have only had a few drinks would be rated as what color in the “Traffic Light” rating system?
  - a. Green
  - b. Yellow
  - c. Red
5. A customer looks very intoxicated and unable to walk straight. What color would you rate him?
  - a. Green
  - b. Yellow
  - c. Red



## SECTION 7: Fundamentals of Emergency Care

*This section will provide you with a brief overview of steps to take in an emergency situation as well as caring for an unconscious intoxicated patron until help arrives.*

### Lesson 1 — Scene Safety and Emergency Action Steps

#### Emergency Action Steps:

- 1 Check Scene for Safety
- 2 Approach & Check Victim
- 3 Call 911
- 4 Provide Proper Care
- 5 Wait Until Help Arrives



Always check the **scene** for **safety** before approaching!

Remember

**“Look Up,  
Look Down,  
Look All Around!”**

#### Dangers:



Fire



Accidents



Electrical



Odors

# RECOVERY POSITION

If an intoxicated person is **unconscious** but is **breathing normally** and has no other life-threatening conditions, he or she should be placed in the **recovery position**. This will ensure that the airway remains clear and open in the case the victim vomits.

The recovery position should also be used if you need to leave the victim **alone** to go call for or get additional help.

## PROPER STEPS:



- Bring the victim's arm **closest** to you **upwards**.
- Lift the victim's leg **farthest** from you **straight up**.



- Place one hand on the victim's **shoulder** and the other hand at the **waist**.
- Gently roll the victim **towards you** and try to keep the head **stabilized** if possible.



- **Adjust** the body to keep it **stable**.
- Position the victim's **head** and **mouth** towards the **ground** to prevent him or her from aspirating.

*Alcohol Daddy® is located in the same office  
as CPR Society® and Lifeguard Society®.*

Address:  
3160 S. Valley View Blvd, Suite 108  
Las Vegas, NV 89102



*To obtain your **CPR/AED/First Aid certification**,  
visit [CPRSociety.org](http://CPRSociety.org) or call (888) 860-3031.*

*To obtain your **Lifeguard certification**,  
visit [LifeguardSociety.com](http://LifeguardSociety.com) or call (888) 860-3031.*

---

The Alcohol Daddy® program and course materials are protected under copyright law. Unauthorized reproduction is prohibited. © 2015. All rights reserved.

