

Table A-2
Risk of harm in the long term

	Low Risk <i>minimal risk, potential health benefits</i>	Risky <i>regularly drinking to intoxication</i>	High Risk <i>sustaining moderate to high levels of drinking over time</i>
Males (on an average day)	up to 4 standard drinks per day	5–6 standard drinks per day	7 or more standard drinks on any one day
Males (overall weekly level)	up to 28 standard drinks per week	29–42 standard drinks per week HAZARDOUS	43 or more standard drinks per week HARMFUL
Females (on an average day)	up to 2 standard drinks per day	3–4 standard drinks on any one day	5 or more standard drinks on any one day
Females (overall weekly level)	up to 14 standard drinks per week	15–28 standard drinks per week HAZARDOUS	29 or more standard drinks per week HARMFUL

Source: NHMRC (National Health and Medical Research Council) 2001, *Australian Alcohol Guidelines: Health risks and benefits*, National Health and Medical Research Council, Canberra.