What is BAC?

One DRINK =

12 oz beer = 4 oz wine = 1 oz shot (100 proof liquor)

Blood Alcohol Concentration is the percentage of alcohol in the blood as someone drinks. Typically, this measurement is converted to a percentage such as 0.1%, which indicates that one-tenth of a percent of a person’s blood is alcohol.

If you are a man and choose to drink, here is some information you should know.

How to use your card:

- Turn the card over and determine the number of hours over which you are drinking (1, 3, or 5).
- Locate your weight going across the top of the chart. Then find the number of drinks you are consuming in the left column. The intersection of these two numbers is your ESTIMATED BAC level.
- Remember, all drinks are NOT the same. Use the drink equivalents above to figure out how much alcohol you are consuming. KEEP TO YOUR BLUE LEVEL!
- To reduce risk, eat before drinking, avoid medication four hours before and after drinking, and alternate alcoholic and non-alcoholic drinks throughout drinking.

Keep in the Blue level

0.02 - 0.03 = Minimal loss of coordination; slight euphoria and less shyness

0.04 - 0.06 = Feeling of relaxation, lowered inhibitions; some minor impairment of reasoning and memory, cautions lowered

Be careful entering the White level

0.07 - 0.09 = Impairment of balance, speech, and reaction time; judgment and responsibility reduced

10 - 0.12 = Significant impairment of motor coordination and loss of good judgment, slurred speech, balance and reaction time impaired

13 - 0.15 = Gross motor impairment and lack of physical control, blurred vision, loss of balance, anxiety, judgment, and perception are severely impaired

16 - 0.19 = Nausea and more anxiety, appear to be a “drunk” drunk

30 - 0.24 = Disorientation, needs help to stand or walk, some have nausea and vomiting, blackout likely

Keep out of the Gray level

-20 - 0.29 = Mental, physical, and sensory functions severely impaired; risk of serious injury

-30 - 0.34 = Stupor, little comprehension, may pass out, hard to awaken

-35 - 0.36 = Coma and/or death possible

For women of childbearing age:

The number of drinks recommended for safety is one drink per day. Even at this level, effects may occur in women. The number of drinks recommended for safety is one drink per day. Even at this level, effects may occur in women.