

# {WHAT IS BAC?}

Blood Alcohol Concentration is the percentage of alcohol in the blood as someone drinks. This means that for every 1,000 milliliters of blood, the body contains 1 milliliter of alcohol. For example, a BAC of .08 means that for every 1000 milliliters of blood, the body contains 8/10ths of a milliliter of alcohol. *Information adapted from Syndistar, Inc. www.intheknowzone.com*

**ONE DRINK** = **12oz beer** = **4oz wine** = **1.5oz shot**  
(80 proof liquor)

## Keep to the BLUE level

**0.02 - 0.03** = No loss of coordination, slight euphoria and loss of shyness

**0.04 - 0.06** = Feeling of relaxation, lower inhibitions, some minor impairment of reasoning & memory, lowering of cautions

## Be careful of the ORANGE level

**0.07 - 0.09** = Slight impairment of balance, speech, & reaction time, judgement reduced, reason impaired

& lack of physical control, blurred vision, loss of balance, anxiety, judgement and perception are severely impaired

**0.10 - 0.125** = Significant impairment of motor coordination & loss of good judgement, slurred speech; balance & reaction time impaired

**0.16 - 0.19** = Nausea & more anxiety, appears as "sloppy" drunk

**0.13 - 0.15** = Gross motor impairment

**0.20-0.24** = Disoriented, needs help to stand, walk, some have nausea & vomiting, blackouts likely

## Keep out of the RED level (medical emergency)

**0.25 - 0.29** = Mental, physical & sensory functions severely impaired, risk of serious injury

**0.30 - 0.34** = Stupor, little comprehension, may pass out, hard to awaken

**0.35+** = Coma and/or death possible

(Information adapted from www.brad21.org)

## HOW TO USE YOUR CARD:

- First, turn the card over and determine the number of hours over which you are drinking (1, 3, or 5 hours).
- Next, locate your weight going across the top of the chart. Then find the number of drinks you are consuming in the left column going down the chart. 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!**
- The National Institute of Health low-risk drinking guidelines for men: less than 15 drinks per week & less than 5 drinks on an occasion

Disclaimer: This chart is to be used as a tool and does not guarantee a specific BAC. Adapted from the University of Virginia (4th edition) BAC card.

