

One drink is approximately:
 1.5 oz. Hard Liquor 40% alcohol/volume
 5 oz. Wine 12% alcohol/volume
 12 oz. Beer 5% alcohol/volume

NOT ALL DRINKS ARE THE SAME

Time	One Hour			Two Hours			Three Hours			
	Drinks	1	2	3	4	1	2	3	4	
150 lbs	03	07	11	15	01	05	09	13	00	04
140 lbs	03	07	11	15	01	05	09	13	00	04
130 lbs	02	06	10	14	01	04	08	12	00	03
120 lbs	02	06	10	14	01	04	08	12	00	03
110 lbs	02	06	10	14	01	04	08	12	00	03
100 lbs	03	07	11	15	01	05	09	13	00	04
90 lbs	03	07	11	15	01	05	09	13	00	04
80 lbs	02	05	09	13	00	04	08	12	00	03
70 lbs	02	05	09	13	00	04	08	12	00	03
60 lbs	02	05	09	13	00	04	08	12	00	03
50 lbs	02	05	09	13	00	04	08	12	00	03
40 lbs	02	05	09	13	00	04	08	12	00	03
30 lbs	02	05	09	13	00	04	08	12	00	03
20 lbs	01	03	04	07	00	01	03	06	00	01
190 lbs	01	03	04	07	00	01	03	06	00	01
180 lbs	01	03	04	07	00	01	03	06	00	01
170 lbs	01	03	04	07	00	01	03	06	00	01
160 lbs	01	03	04	07	00	01	03	06	00	01
150 lbs	01	03	04	07	00	01	03	06	00	01
140 lbs	01	03	04	07	00	01	03	06	00	01
130 lbs	01	03	04	07	00	01	03	06	00	01
120 lbs	01	03	04	07	00	01	03	06	00	01
110 lbs	01	03	04	07	00	01	03	06	00	01
100 lbs	01	03	04	07	00	01	03	06	00	01
90 lbs	01	03	04	07	00	01	03	06	00	01
80 lbs	01	03	04	07	00	01	03	06	00	01
70 lbs	01	03	04	07	00	01	03	06	00	01
60 lbs	01	03	04	07	00	01	03	06	00	01
50 lbs	01	03	04	07	00	01	03	06	00	01
40 lbs	01	03	04	07	00	01	03	06	00	01
30 lbs	01	03	04	07	00	01	03	06	00	01
20 lbs	01	03	04	07	00	01	03	06	00	01
10 lbs	01	03	04	07	00	01	03	06	00	01

Step 01 On the male or female chart, find the column with the number of drinks you've had over a specific time frame.
Step 02 Find the line that matches your weight.
Step 03 The number at the point where the number of drinks in the time frame and your weight intersect is your estimated BAC. For example, after three drinks in one hour, a male weighing 170 lbs (77 kg) could have a BAC of approximately .06%.

HOW TO USE THE CHART

How to Estimate your Blood Alcohol Concentration (BAC)

INTERPRETING THE SIGNS

The following are the effects a person may feel at specific BAC levels.

0.02-0.03 BAC: You could experience a loss of coordination, feel a slight euphoria and loss of shyness. Mildly relaxed, maybe a little light headed.

0.04-0.06 BAC: You may have a feeling of well-being, relaxation, lower inhibitions, sensation of warmth. Euphoria. There may be some minor impairment of reasoning and memory, a lowering of caution. Your behavior may become exaggerated and emotions intensified.

0.07-0.09 BAC: You will probably believe that you are functioning better than you really are. Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Your judgment and self-control are reduced and caution, reason and memory are impaired. Driving with a BAC at or above .08% is a criminal offence.

THIS IS NOT AN EXACT SCIENCE

We are providing this so you can guesstimate blood alcohol concentration (BAC). Many factors can affect your BAC, including the amount of alcohol consumed, the rate of consumption, how much food you've had and factors such as your gender, age, weight, height, and metabolism. The sponsors of this card and establishments displaying this card assume no liability for your use of this BAC information.

