

# How to Estimate your Blood Alcohol Concentration (BAC)

## HOW TO USE THE CHART

**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%.

male	Time	One Hour				Two Hours				Three Hours			
	Drinks	1	2	3	4	1	2	3	4	1	2	3	4
	140 lbs	.01	.04	.06	.09	.00	.02	.04	.07	.00	.01	.03	.06
150 lbs	.01	.04	.06	.09	.00	.02	.04	.07	.00	.01	.03	.06	.06
160 lbs	.01	.03	.06	.08	.00	.02	.04	.07	.00	.00	.03	.05	.05
170 lbs	.01	.03	.06	.08	.00	.02	.04	.07	.00	.00	.03	.05	.05
180 lbs	.01	.03	.05	.07	.00	.02	.04	.06	.00	.00	.02	.04	.04
190 lbs	.01	.03	.05	.07	.00	.01	.04	.06	.00	.00	.02	.04	.04
200 lbs	.01	.03	.04	.07	.00	.01	.03	.06	.00	.00	.02	.04	.04
210 lbs	.01	.03	.04	.07	.00	.01	.03	.05	.00	.00	.02	.04	.04
220 lbs	.01	.03	.04	.07	.00	.01	.03	.05	.00	.00	.02	.04	.04

female	Time	One Hour				Two Hours				Three Hours			
	Drinks	1	2	3	4	1	2	3	4	1	2	3	4
	100 lbs	.03	.07	.11	.15	.01	.05	.09	.13	.00	.04	.07	.12
110 lbs	.02	.06	.10	.14	.01	.04	.09	.12	.00	.03	.07	.11	.11
120 lbs	.02	.06	.10	.13	.01	.04	.08	.12	.00	.03	.07	.10	.10
130 lbs	.02	.06	.09	.13	.01	.04	.07	.11	.00	.03	.06	.10	.10
140 lbs	.02	.05	.09	.12	.00	.04	.07	.11	.00	.02	.06	.09	.09
150 lbs	.02	.05	.08	.12	.00	.04	.07	.10	.00	.02	.05	.09	.09
160 lbs	.02	.04	.08	.11	.00	.03	.07	.10	.00	.02	.05	.08	.08

.05 BAC  .08 BAC

## NOT ALL DRINKS ARE THE SAME

One drink is approximately:

- 1.5 oz. Hard Liquor ..... 40% alcohol/volume
- 5 oz. Wine..... 12% alcohol/volume
- 12 oz. Beer..... 5% alcohol/volume

## 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.

