

What CAN affect your BAC?

- **Number of standard drinks** (more you drink, higher the BAC)
- **How fast you drink** (consume quickly, higher the BAC)
- **Gender** (females have less water and more body fat so more alcohol remains in the blood; meaning women will always have a higher BAC)
- **Body weight** (more you weigh, the more water in your body to dilute the alcohol which lowers the BAC)
- **Food in your stomach** (eating slows alcohol absorption for a lower BAC)
- **Body type** (alcohol is absorbed by muscle tissue, not fat, the more body fat the higher the BAC will be)
- **Fatigue** (when tired, the liver is less efficient resulting in a higher BAC)
- **Hydration** (when the body is dehydrated, BAC rises quicker and for longer)
- **Mixer** (water and juice mixed with alcohol slows absorption for a lower BAC; carbonated beverages speed up absorption for a higher BAC)

What does NOT affect your BAC?

- **Tolerance** (tolerance affects HOW you feel; BAC is simply the amount of alcohol in your body, therefore, the more tolerance you have the harder it is to judge your BAC)
- **Type of drink** (a standard drink is 1 shot of liquor, 12 oz. of beer, or 5 oz. of wine.) A drink is a drink, is a drink . . . the quantity, not the type of drink, affects your BAC)
- **Emotions** (while they can affect the way you feel from alcohol, it does not effect your actual BAC)
- **Sobering Up Techniques** (coffee, cold shower, and exercise do not affect your BAC, only TIME decreases your BAC)

*All you need
to know about
B.A.C.*



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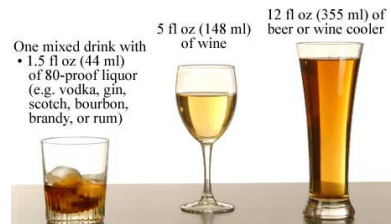
Calculate YOUR BAC



What is a drink?

One standard drink is

- 12 oz. of beer
- 1.5 oz. liquor
- 5 oz. wine



Females

Drinks	Body Weight in Pounds										
	90	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only safe drinking limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	.02	Impairment begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	.04	Driving skills significantly effected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	.11	Legally intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	.15	Criminal penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	.19	

Males

What is B.A.C.?

B.A.C. stands for Blood Alcohol Concentration. It is the amount of alcohol in the blood. Absolute BACs can only be obtained by drawing a sample of blood. The best way to determine a reliable estimate is by using a breathalyzer.

Drinks	Body Weight in Pounds											
	100	120	140	160	180	200	220	240	260	280		300
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only safe drinking limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.01	.01	.01	Impairment begins
2	.08	.06	.05	.05	.04	.04	.03	.03	.02	.02	.02	
3	.11	.09	.08	.07	.06	.06	.05	.05	.04	.04	.03	
4	.15	.12	.11	.09	.08	.08	.07	.06	.05	.05	.05	Driving skills significantly effected
5	.19	.16	.13	.12	.11	.09	.09	.08	.07	.06	.06	
6	.23	.19	.16	.14	.13	.11	.10	.09	.08	.08	.07	
7	.26	.22	.19	.16	.15	.13	.12	.11	.10	.09	.08	
8	.30	.25	.21	.19	.17	.15	.14	.13	.11	.10	.10	Legally intoxicated
9	.34	.28	.24	.21	.19	.17	.15	.14	.13	.12	.11	Criminal penalties
10	.38	.31	.27	.23	.21	.19	.17	.16	.14	.13	.12	

