

Expected blood alcohol concentration

Risk Control Services

Expected Blood Alcohol Concentration ("BAC") based on the number of drinks consumed in a one-hour period

Remember, your sex, health, state of mind make all these expectations a bit variable.

| BODY WEIGHT IN POUNDS | 1 drink | 2 drinks | 3 | 4 | 5 | 6 | 7 | 8 |
|-----------------------|---------|----------|---|---|---|---|---|---|
| 90 - 109 | | | | | | | | |
| 110 - 129 | | | | | | | | |
| 130 - 149 | | | | | | | | |
| 150 - 169 | | | | | | | | |
| 170 - 189 | | | | | | | | |
| 190 - 209 | | | | | | | | |
| 210 - 229 | | | | | | | | |
| 230 & UP | | | | | | | | |

For the purposes of this chart, "One Drink" = 12 oz. beer or 4 oz. wine or 1 1/4 oz. 80-proof liquor. If you prefer 18 oz. cans of beer or 90-proof liquor, you need a different chart!

BAC of .01% to .05%

Note that for many people, only "one" drink will take them to this level of decreased coordination.

Some-to-great loss of judgment and coordination, thinking dulled, changes in mood and behavior. A BAC of 0.02% at many U.S. companies will require that an employee be relieved of duty for 24 hours and at 0.04 they will be fired. In an organization with a "zero-tolerance" policy as regards alcohol use, you will be fired if you test at 0.001% (which is less than 0.01%)

BAC of .05% to .08%

Note that everyone has reached this point after just their 1st or 2nd drink!

Functioning ability definitely impaired. Walking, speech, and hand movements clumsy. Blurred, split, or tunnel vision may occur. Judgment and equipment operating ability impaired. Chance of accident is greatly increased by up to 300% or more.

BAC of .08% and over

Note that some people reach this point by their second drink and all have by their third or fourth.

Functioning and judgment very seriously affected. Responses greatly slowed. Behavior greatly affected. Very high risk of accident. In most U.S. states, with a BAC of .08% or higher, you will be arrested if driving a car.

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