






# Men's BAC Card

BAC stands for Blood Alcohol Concentration.

1 Drink =   

12 oz Beer = 5 oz wine = 1.5 oz shot  
(80-proof liquor)

Remember, the legal U.S. drinking age is 21. Drink responsibly.

For more detailed information on BAC go to

[www.jhu.edu/health](http://www.jhu.edu/health)

## How to Use Your BAC Card:

- Using the chart on the back, look for the length of time you will be drinking in 1, 3, 5 hour increments.
- Go to the first column and select the number of drinks you consumed or plan to consume.
- Find your approximate weight in pounds at the top.
- Follow the row and column of the two values. The box at their intersection will indicate your personal BAC if you consume(d) that number of drinks over that period of time.

**Remember to stay in the blue zone  
and Stop at Buzzed!**

<b>Looking Grim</b> 0.35+ = unconsciousness, deep 0.40+ = death in most cases	
<b>Things Get Ugly</b> 0.25-0.30 = high pain threshold, impaired consciousness, slurred speech, disorientation, loss of motor function, severely impaired reflexes, inability to walk or move, possible death by overdose.	
<b>Risky Business</b> 0.07-0.14 = slowed reaction time, senses impaired, loud talking, 0.15-0.24 = blurred vision, slow motor skills, sedation, difficulty standing/walking, pass out	<b>Stay in the Blue Zone</b> 0.01-0.04 = muscle relaxation, mild euphoria, increased sociability, talkativeness 0.05-0.06 = lower alertness, judgment impaired, mild motor impairment, loss of inhibitions

**note: this card is to be used as a guide and not a rule. never drink and drive.**

**men after 1 hour of drinking**

		body weight (lbs)								
		100	120	140	160	180	200	220	240	260
number of drinks	1	.02	.02	.01	.01	.00	.00	.00	.00	.00
	2	.06	.05	.04	.03	.03	.02	.02	.02	.01
	3	.10	.08	.06	.05	.05	.04	.04	.03	.03
	4	.13	.11	.09	.08	.07	.06	.05	.05	.04
	5	.17	.14	.12	.10	.09	.08	.07	.06	.06
	6	.21	.17	.14	.12	.11	.10	.09	.08	.07
	7	.25	.20	.17	.15	.13	.12	.10	.09	.08
	8	.28	.23	.20	.17	.15	.13	.12	.11	.10
	9	.32	.27	.23	.19	.17	.15	.14	.12	.11
	10	.36	.30	.25	.22	.19	.17	.15	.14	.13
	11	.40	.33	.28	.24	.21	.19	.17	.16	.14
	12	.43	.36	.31	.26	.23	.21	.19	.17	.16

men after 3 hours of drinking

		body weight (lbs)								
		100	120	140	160	180	200	220	240	260
number of drinks	1	.01	.00	.00	.00	.00	.00	.00	.00	.00
	2	.03	.01	.01	.00	.00	.00	.00	.00	.00
	3	.06	.05	.03	.02	.01	.01	.00	.00	.00
	4	.10	.08	.06	.05	.04	.03	.02	.01	.01
	5	.14	.11	.09	.07	.06	.05	.04	.03	.02
	6	.18	.14	.11	.09	.08	.06	.05	.05	.04
	7	.21	.17	.14	.12	.10	.08	.07	.06	.05
	8	.25	.20	.17	.14	.12	.10	.09	.08	.07
	9	.29	.23	.19	.16	.14	.12	.11	.09	.08
	10	.33	.26	.22	.19	.16	.14	.12	.11	.10
	11	.36	.30	.25	.21	.18	.16	.14	.13	.11
	12	.40	.33	.27	.23	.20	.18	.16	.14	.12

men after 5 hours of drinking

		body weight (lbs)								
		100	120	140	160	180	200	220	240	260
number of drinks	1	.01	.00	.00	.00	.00	.00	.00	.00	.00
	2	.01	.00	.00	.00	.00	.00	.00	.00	.00
	3	.03	.01	.00	.00	.00	.00	.00	.00	.00
	4	.07	.05	.03	.01	.00	.00	.00	.00	.00
	5	.10	.08	.05	.04	.02	.01	.01	.00	.00
	6	.15	.11	.08	.06	.04	.03	.02	.01	.01
	7	.18	.14	.11	.08	.07	.05	.04	.03	.02
	8	.22	.17	.13	.11	.09	.07	.06	.05	.04
	9	.26	.20	.16	.13	.11	.09	.07	.06	.06
	10	.30	.23	.19	.15	.13	.11	.09	.08	.06
	11	.33	.26	.21	.18	.15	.13	.11	.09	.07
	12	.37	.30	.24	.20	.17	.15	.12	.11	.09

BAC Formula Source: Borsari et al. 2001; Matthews and Miller, 1979.

**Stay in the Blue Zone • Stay in the Blue Zone • Stay in the Blue Zone • Stay in the Blue Zone • Stay in the Blue Zone**

[illegible]



# Women's BAC Card

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(80-proof liquor)

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and Stop at Buzzed!**

<b>Looking Grim</b> 0.40+ = death in most cases 0.35+ = unconsciousness, deep coma, non-responsive	
<b>Things Get Ugly</b> 0.25-0.30 = high pain threshold, impaired consciousness, slurred speech, disorientation, loss of motor function, severely impaired reflexes, inability to walk or move, possible death by overdose.	
<b>Risky Business</b> 0.07-0.14 = slowed reaction time, senses impaired, loud talking, inability to focus 0.15-0.24 = blurred vision, slow motor skills, sedation, difficulty standing/walking, pass out	<b>Stay in the Blue Zone</b> 0.01-0.04 = muscle relaxation, mild euphoria, increased sociability, talkativeness 0.05-0.06 = lower alertness, judgment impaired, mild motor impairment, loss of inhibitions

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[illegible]

number of drinks	body weight (lbs)								
	90	100	120	140	160	180	200	220	240
	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.05	.04	.03	.02	.01	.00	.00	.00
	3	.10	.09	.06	.05	.04	.03	.02	.01
	4	.15	.13	.10	.08	.06	.05	.04	.03
	5	.20	.18	.14	.11	.09	.08	.06	.05
	6	.25	.22	.18	.14	.12	.10	.09	.07
	7	.30	.27	.21	.18	.15	.13	.11	.10
	8	.35	.31	.25	.21	.18	.15	.13	.12
	9	.40	.36	.29	.24	.21	.18	.15	.14
	10	.45	.40	.33	.27	.23	.20	.18	.16
	11	.50	.45	.36	.30	.26	.23	.20	.18
	12	.55	.49	.40	.34	.29	.25	.22	.20

**women after 5 hours of drinking**

**BAC Formula Source:** Borsari et al, 2001; Matthews and Miller, 1979.