



How Much Alcohol?

Approximate blood alcohol concentration (BAC%) reached after one hour of drinking, according to body weight and number of drinks consumed.

Number of Drinks	Body Weight							
	100	120	140	160	180	200	220	240
1	.03	.03	.02	.02	.02	.01	.01	.01
2	.06	.05	.04	.04	.03	.03	.02	.02
3	.10	.08	.07	.06	.05	.05	.04	.04
4	.13	.10	.09	.08	.07	.06	.06	.05
5	.16	.13	.11	.10	.09	.08	.07	.07
6	.19	.16	.13	.12	.11	.10	.09	.08
7	.23	.19	.16	.14	.13	.11	.10	.09
8	.26	.22	.18	.16	.14	.13	.12	.11
9	.30	.25	.21	.18	.16	.15	.13	.12
10	.33	.28	.24	.21	.18	.16	.14	.13
11	.37	.31	.26	.23	.20	.18	.16	.15
12	.40	.34	.29	.25	.22	.20	.18	.16

- For those who are “regular drinkers,” the BAC is affected the same as it is for a person who is not a regular drinker.
- The risk of being in a crash begins to rise between .04% and .05% BAC.

The risk increases to:

- 2 Times at .06 BAC
- 3 times at .08 BAC
- 8 times at .09 BAC
- 12 times at .10 BAC

“You Drink and Drive, You Lose.”

Impaired driving kills someone in America every 30 minutes (approximately 40 people a day) and injures someone every two minutes (approximately 258,000 a year).

Impaired driving will affect 1 in 3 Americans during their lifetime.

Your Drink Has...

- 12 oz. Beer4% alcohol
- 5 oz. Wine.....12.5% alcohol
- 1 oz. 100-Proof Liquor50% alcohol
- 1¼ oz. 80-Proof Liquor.....40% alcohol
- 12 oz. Wine cooler.....Avg. 4% alcohol

All these drinks contain about ½ oz pure alcohol, defined as a standard drink.

