

Men,  
we've got your

**BAC**

Blood Alcohol Concentration is the percentage of alcohol in the blood.  
Example: BAC .08 means that the body contains 8/10 of a mL of alcohol per 1,000.

**IF YOU ARE UNDER 21, IT IS ILLEGAL TO DRINK ALCOHOL.**

**IF YOU ARE GOING TO DRIVE, DRINK NO ALCOHOL.**



What is **ONE DRINK?**



12oz

**SELTZER OR  
REGULAR BEER**

5% ALCOHOL

OR



8oz-9oz

**MALT LIQUOR OR  
CRAFT BEER**

7% ALCOHOL

OR



5oz

**TABLE  
WINE**

12% ALCOHOL

OR



1.5oz

**80-PROOF  
SHOT**

40% ALCOHOL

Note: The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

**If you are concerned about your alcohol use, help is available.  
Call or text 988.**

This was paid for with federal highway safety funding by the Missouri Department of Transportation.

**ALWAYS THINK FIRST!**

**Stay in the BLUE LEVEL:**

.02-.03 No loss of coordination, slight euphoria & loss of shyness

.04-.06 Relaxation, lower inhibitions, minor impairment of reasoning & memory

**Be careful in the YELLOW LEVEL:**

.07-.09 Slight impairment of balance, speech & reaction time; judgement reduced, reason impaired

.10-.13 Significant impairment of motor skills & loss of good judgement; speech, balance & reaction time impaired

.13-.15 Gross motor impairment, blurred vision, anxiety & loss of balance; judgement & perception severely impaired

.16-.19 Nausea & more anxiety, appear as 'sloppy' drunk

.20-.24 Disoriented, difficulty standing and walking, nausea and vomiting, blackouts likely

**Stay out of the RED LEVEL:**

.25-.29 Mental & physical sensory functions severely impaired, risk of serious injury

.30-.34 Stupor, little comprehension, may pass out, hard to wake

.35+ Coma and/or death possible

Information adapted from brad21.org

### Body weight in pounds (men)



**HOUR 1**

Number of drinks

	120	140	160	180	200	220	240
1	.02	.01	.01	.00	.00	.00	.00
2	.05	.04	.03	.03	.02	.02	.02
3	.08	.06	.05	.05	.04	.04	.03
4	.11	.09	.08	.07	.06	.05	.05
5	.14	.12	.10	.09	.08	.07	.06
6	.17	.14	.12	.11	.10	.09	.08
7	.20	.17	.15	.13	.12	.10	.09
8	.23	.20	.17	.15	.13	.12	.11
9	.27	.23	.19	.17	.15	.14	.12
10	.30	.25	.22	.19	.17	.15	.14

### Body weight in pounds (men)



**HOUR 3**

Number of drinks

	120	140	160	180	200	220	240
1	.00	.00	.00	.00	.00	.00	.00
2	.01	.01	.00	.00	.00	.00	.00
3	.05	.03	.02	.01	.01	.00	.00
4	.08	.06	.05	.04	.03	.02	.01
5	.11	.09	.07	.06	.05	.04	.03
6	.14	.11	.09	.08	.06	.05	.05
7	.17	.14	.12	.10	.08	.07	.06
8	.20	.17	.14	.12	.10	.09	.08
9	.23	.19	.16	.14	.12	.11	.09
10	.26	.22	.19	.16	.14	.12	.11

### Body weight in pounds (men)



**HOUR 5**

Number of drinks

	120	140	160	180	200	220	240
1	.00	.00	.00	.00	.00	.00	.00
2	.00	.00	.00	.00	.00	.00	.00
3	.01	.00	.00	.00	.00	.00	.00
4	.05	.03	.01	.00	.00	.00	.00
5	.08	.05	.04	.02	.01	.01	.00
6	.11	.08	.06	.04	.03	.02	.01
7	.14	.11	.08	.07	.05	.04	.03
8	.17	.13	.11	.09	.07	.06	.05
9	.20	.16	.13	.11	.09	.07	.06
10	.23	.19	.15	.13	.11	.09	.08

Use these charts to estimate your BAC. The charts are for general information purposes only. The charts are NOT to be used as an accurate or exact measurement of a specific individual's BAC.