

# B.A.C. CARD

## Male

**Blood Alcohol Content (BAC)** is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. In computing these BAC charts, a drink is defined as follows:

**1 Drink** =  =  = 

12oz Beer (≈5% ABV)      5oz Wine (≈12% ABV)      1.5oz liquor (80 proof alcohol or ≈40% ABV)



### Stay in the **GOOD**

**.01-.039** = Mild euphoria, slight muscle relaxation, increased sociability

**.04-.069** = Lowered inhibition, reason and judgment slightly impaired, exaggerated behaviors

### Beware of the **BAD**

**.07-.129** = Slurred speech, memory loss, impaired balance, coordination, judgement, focus, reasoning, and reaction time

**.13-.199** = severely impaired coordination and judgement, blurred vision, anxiety, agitation, nausea, possible blackout

### Don't let things get **Ugly**

**.20-.299** = Severe impairment of mental, physical, and sensory functions, difficulty standing or walking, disorientation, increased pain threshold, blackouts likely

**.30-.349** = Impaired circulation and respiration, loss of consciousness, death possible

**.35+** = Unresponsive, slow breathing, coma or death likely

## Most MSU students stay in the good when partying:

- The average BAC for MSU students when partying is **.060**†
- **84%** of MSU students make it a point to eat before or while drinking to help limit the negative effects of alcohol‡
- **98%** use one or more protective strategies (i.e. pacing drinks, staying with friends) to help keep themselves safe when drinking‡
- **94%** approve of cutting off a friend before they have had too much to drink°

It is best to use this BAC card as a **guide** and not a hard and fast rule

## Male in 1 hour

**3.** Now find your approximate body weight in pounds located on the top row of the chart.

		body weight (lbs.)							
		100	120	140	160	180	200	220	240
number of drinks	1	.023	.016	.011	.008	.005	.003	.001	*
	2	.063	.049	.040	.033	.027	.023	.019	.016
	3	.103	.083	.068	.058	.049	.043	.037	.033
	4	.142	.116	.097	.083	.072	.063	.055	.049
	5	.182	.149	.125	.108	.094	.083	.074	.066
	6	.222	.182	.154	.133	.116	.103	.092	.083
	7	.262	.216	.182	.157	.138	.123	.110	.099
	8	.302	.249	.211	.182	.160	.142	.128	.116
	9	.342	.282	.239	.207	.182	.162	.146	.133
	10	.382	.315	.268	.232	.205	.182	.164	.149

**6.** These factors include: body type, muscle tone, metabolism, having a full/empty stomach, and the presence of other drugs or medications.

## Male in 3 hours

**2.** Go to the first column of the chart you selected and find the number of drinks you consumed.

		body weight (lbs.)							
		100	120	140	160	180	200	220	240
number of drinks	1	*	*	*	*	*	*	*	*
	2	.029	.015	.006	*	*	*	*	*
	3	.069	.049	.034	.024	.015	.009	.003	*
	4	.108	.082	.063	.049	.038	.029	.021	.015
	5	.148	.115	.091	.074	.060	.049	.040	.032
	6	.188	.148	.120	.099	.082	.069	.058	.049
	7	.228	.182	.148	.123	.104	.089	.076	.065
	8	.268	.215	.177	.148	.126	.108	.094	.082
	9	.308	.248	.205	.173	.148	.128	.112	.099
	10	.348	.281	.234	.198	.171	.148	.130	.115

**5.** Keep in mind there are a number of other factors that can affect your BAC that are not accounted for here.

## Male in 5 hours

**1.** How to use this card: Select the length of time you drank or are planning to drink (1, 3, or 5 hours).

		body weight (lbs.)							
		100	120	140	160	180	200	220	240
number of drinks	1	*	*	*	*	*	*	*	*
	2	*	*	*	*	*	*	*	*
	3	.035	.015	*	*	*	*	*	*
	4	.074	.048	.029	.015	.004	*	*	*
	5	.114	.081	.057	.040	.026	.015	.006	*
	6	.154	.114	.086	.065	.048	.035	.024	.015
	7	.194	.148	.114	.089	.070	.055	.042	.031
	8	.234	.181	.143	.114	.092	.074	.060	.048
	9	.274	.214	.171	.139	.114	.094	.078	.065
	10	.314	.247	.200	.164	.137	.114	.096	.081

**4.** Follow the row and column of these two values to where they intersect. The box at this intersection is your approximate BAC.

\*indicates negligible BAC