

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