

FOR THOSE OF AGE

IT IS LAWFUL FOR ANY PERSONS 21 YEARS OF AGE AND OLDER TO CONSUME OR POSSESS ALCOHOL.

WHAT IS BAC?

Blood Alcohol Concentration (BAC) is the amount of alcohol present in the blood. It is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood.

ONE DRINK



12 OZ. BEER
(5% Alcohol)

=



5 OZ. WINE
(12% Alcohol)

=



1.5 OZ. SHOT
(40% Alcohol/80 Proof)

SAFETY IN MODERATION KEEP IT IN THE GREEN

KEEP IT IN THE GREEN

0.02 - 0.03 = No loss of coordination; slight euphoria; loss of shyness

0.04 - 0.06 = Feeling of relaxation; lower inhibitions; some minor impairment of reasoning and memory; lowering of cautions

BE CAREFUL OF THE YELLOW

0.07 - 0.09 = Slight impairment of balance, speech and reaction time; judgement reduced; reason impaired

0.10 - 0.12 = Significant impairment of motor coordination and loss of good judgement; slurred speech; balance and reaction time impaired

0.13 - 0.15 = Gross motor impairment and lack of physical control; blurred vision; loss of balance; anxiety; judgement and perception severely impaired

0.16 - 0.19 = Nausea and more anxiety; appears as "sloppy drunk"

0.20 - 0.24 = Disoriented; needs help to stand and walk; nausea and vomiting; blackouts likely

KEEP OUT OF THE RED

0.25 - 0.29 = Mental, physical and sensory functions severely impaired; risk of serious injury

0.30 - 0.34 = Stupor; little comprehension; may pass out and be difficult to awaken

0.35+ = Coma and/or death possible

Information adapted from brad21.org

UNDERSTANDING THE CONSEQUENCES

FSU strictly enforces laws pertaining to underage and high risk drinking in accordance with federal or state laws, local ordinances and the Student Conduct Code. The illegal use of alcohol has consequences. To learn more visit: www.alcohol.fsu.edu

HOW TO USE THIS CARD

1st: Turn your card over and determine the number of hours over which you are drinking (1, 3, or 5).

2nd: Locate your weight going across the top of the chart. Then find the number of drinks you are consuming in the left column going down the chart. The intersection of these two numbers is your estimated BAC level.

Remember: All drinks are not the same. Use the drink equivalents above to figure out how much alcohol you are consuming. Keep it in the green.

WOMEN AFTER 1 HOUR OF DRINKING

BODY WEIGHT IN POUNDS

DRINKS	90	100	120	140	160	180	200	220
1	.03	.03	.02	.02	.01	.01	.01	.00
2	.08	.07	.06	.05	.04	.03	.03	.03
3	.13	.12	.10	.08	.07	.06	.05	.05
4	.18	.16	.13	.11	.10	.08	.07	.07
5	.23	.21	.17	.15	.13	.11	.10	.09
6	.28	.25	.21	.18	.15	.13	.12	.11
7	.33	.30	.25	.21	.18	.16	.14	.13
8	.38	.34	.28	.24	.21	.18	.16	.15
9	.43	.39	.32	.27	.24	.21	.19	.17
10	.48	.43	.36	.31	.27	.23	.21	.19

DISCLAIMER: THIS CHART IS TO BE USED AS A TOOL AND DOES NOT GUARANTEE A SPECIFIC BAC

WOMEN AFTER 3 HOURS OF DRINKING

BODY WEIGHT IN POUNDS

DRINKS	90	100	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.05	.04	.03	.02	.01	.00	.00	.00
3	.10	.09	.07	.05	.04	.03	.02	.01
4	.15	.13	.10	.08	.06	.05	.04	.03
5	.20	.18	.14	.11	.09	.08	.07	.05
6	.25	.22	.18	.15	.12	.10	.09	.08
7	.30	.27	.22	.18	.15	.13	.11	.10
8	.35	.31	.25	.21	.18	.15	.13	.12
9	.40	.36	.29	.24	.21	.18	.16	.14
10	.45	.40	.33	.27	.23	.20	.18	.16

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WOMEN AFTER 5 HOURS OF DRINKING

BODY WEIGHT IN POUNDS

DRINKS	90	100	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.02	.01	.00	.00	.00	.00	.00	.00
3	.07	.06	.03	.02	.00	.00	.00	.00
4	.12	.10	.07	.05	.03	.02	.01	.00
5	.17	.15	.11	.08	.06	.05	.03	.02
6	.22	.19	.15	.11	.09	.07	.06	.04
7	.27	.24	.18	.15	.12	.10	.08	.06
8	.32	.28	.22	.18	.15	.12	.10	.08
9	.37	.33	.26	.21	.17	.15	.12	.10
10	.42	.37	.30	.24	.20	.17	.15	.13

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