

Female* BAC

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

Beer
341 mL (12 oz.)
5% alcohol content

Wine
142 mL (5 oz.)
12% alcohol content

Cider/Cooler
341 mL (12 oz.)
5% alcohol content

Distilled Alcohol
(rye, gin, rum, etc.) 43 mL (1.5 oz.)
40% alcohol content

*biological description

Pleasure Zone

.01-.05 = mild euphoria, slight muscle relaxation, increased sociability, talkative

.05-.08 = lowered alertness, reason and judgement slightly impaired, exaggerated behaviors

Caution Zone

.08-.15 = slowed reactions, inability to focus, loud talking, senses impaired, short-term memory loss, slurred speech

.15-.24 = lack of motor control, illogical thinking, blurred vision, difficulty standing/walking, agitation, sedation, stupor

Stop-Rethink Zone

.24-.35 = impaired circulation and respiration, increased pain threshold, disorientation, loss of motor function, loss of consciousness, possible death by overdose

.35+ = extremely slow or irregular breathing, pale/bluish skin, unresponsive

.40+ = death in most cases

Party Safe

Plan a safe ride home ahead of time

Only use one drug at a time

Stay with friends you trust

Avoid drinking games; no one wins

Set your limits before you party

Pace yourself, go slow and drink water too

Ask for help when you need it



This blood alcohol calculator is to be used as a guide only, it should not be used as the sole way to determine someone's intoxication level or ability to drive a vehicle.

1 hour

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	.038	.032	.024	.018	.014	.010	.008	.005
	2	.093	.082	.065	.053	.045	.038	.032	.028
	3	.147	.131	.106	.089	.075	.065	.057	.050
	4	.202	.180	.147	.124	.106	.093	.082	.073
	5	.257	.229	.188	.159	.137	.120	.106	.095
	6	.312	.279	.229	.194	.168	.147	.131	.117
	7	.366	.328	.271	.229	.199	.175	.156	.140
	8	.421	.377	.312	.265	.229	.202	.180	.162
	9	.476	.427	.353	.300	.260	.229	.205	.185
	10	.531	.476	.394	.335	.291	.257	.229	.207

3 hours

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	.004	*	*	*	*	*	*	*
	2	.059	.048	.031	.019	.011	.004	*	*
	3	.113	.097	.072	.055	.041	.031	.023	.016
	4	.168	.146	.113	.090	.072	.059	.048	.039
	5	.223	.195	.154	.125	.103	.086	.072	.061
	6	.278	.245	.195	.194	.168	.147	.131	.117
	7	.332	.294	.237	.195	.165	.141	.122	.106
	8	.387	.343	.278	.231	.195	.168	.146	.128
	9	.442	.393	.319	.266	.226	.195	.171	.151
	10	.497	.442	.360	.301	.257	.223	.195	.173

5 hours

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	*	*	*	*	*	*	*	*
	2	.025	.014	*	*	*	*	*	*
	3	.079	.063	.038	.021	.007	*	*	*
	4	.134	.112	.079	.056	.038	.025	.014	.005
	5	.189	.161	.120	.091	.069	.052	.038	.027
	6	.244	.211	.161	.126	.100	.079	.063	.049
	7	.298	.260	.203	.161	.131	.107	.088	.072
	8	.353	.309	.244	.197	.161	.134	.112	.094
	9	.408	.359	.285	.232	.192	.161	.137	.117
	10	.463	.408	.326	.267	.223	.189	.161	.139

Keep in mind a number of other factors that can affect your BAC that are not accounted for here. These factors include body type, muscle tone, metabolism, having a full/empty stomach, and the presence of other drugs or medications.

* indicates negligible BAC