

safer* drink level guidelines for MEN

BODY WEIGHT	TIME SPENT DRINKING					 1 DRINK = 12 oz. beer 4-5 oz. wine 1 oz. liquor
	1hr	2hrs	3hrs	4hrs	5hrs	
130	2.2	2.8	3.3	3.9	4.5	
150	2.6	3.2	3.9	4.5	5.2	
160	2.7	3.4	4.1	4.8	5.5	
170	2.9	3.6	4.4	5.1	5.9	
185	3.2	4.0	4.8	5.6	6.4	
210	3.6	4.5	5.4	6.4	7.3	
240	4.1	5.2	6.2	7.3	8.3	

*EXAMPLE: A 160 LB. MAN WHO HAS 4.8 DRINKS OR LESS IN 4 HOURS IS "SAFER."

safer* drink level guidelines for WOMEN

BODY WEIGHT	TIME SPENT DRINKING					 1 DRINK = 12 oz. beer 4-5 oz. wine 1 oz. liquor
	1hr	2hrs	3hrs	4hrs	5hrs	
110	1.6	2.0	2.4	2.8	3.2	
120	1.7	2.2	2.6	3.0	3.5	
130	1.9	2.3	2.8	3.3	3.8	
140	2.0	2.5	3.0	3.6	4.1	
155	2.2	2.8	3.4	4.0	4.5	
180	2.6	3.3	3.9	4.6	5.3	

*EXAMPLE: A 120 LB. WOMAN WHO HAS 3.0 DRINKS OR LESS IN 4 HOURS IS "SAFER."

tips

- Determine in advance how many drinks you will have.
- Keep track of how much you drink.
- Pace drinks to one or less per hour.
- "Party" without alcohol.



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 12 oz. beer
 4-5 oz. wine
 1 oz. liquor

This chart is only a guide and not sufficiently accurate to be considered legal advice. Individuals vary in their personal alcohol tolerance. This chart demonstrates the number of drinks included in maintaining a Blood Alcohol Concentration, BAC, of less than or equal to .05. At this level, the statistical risk of accident or injury is almost the same as a non-drinker's.

For some people (pregnant women, alcoholics, people who are ill or on medication), drinking is risky.

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