

THIS CHART IS INTENDED FOR INDIVIDUALS 21 YEARS OF AGE OR OLDER. IT IS A GUIDE, NOT A GUARANTEE.

Alcohol can affect each person in a different way. The way your body reacts to alcohol depends on your gender, how much you weigh, how much time between alcoholic drinks and if you have eaten. You should also remember that different drinks may contain different amounts of alcohol.

Your body can process one drink per hour. 1.5 oz. of 80-proof liquor, 12 oz. of regular (5% ABV) beer or 5 oz. of wine = one drink.

NOTE: Blood Alcohol Content (BAC) charts only provide extremely rough estimates and should never be used alone to determine any individual's safe level of drinking. BAC charts don't take into consideration variables that contribute to the determination of BAC's achieved such as age, water to body mass ratio, ethanol metabolism, tolerance level, drugs or medications taken, amount and type of food in the stomach during consumption, speed of consumption and general physical condition.

BAC charts reproduced by the PLCB from a resource created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) found at <https://pubs.niaaa.nih.gov/publications/niaaa-guide/>. Charts adapted by NIAAA from BAC charts produced by the National Clearinghouse for Alcohol and Drug Information.

FEMALE ALCOHOL IMPAIRMENT CHART

APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
DRINKS	BODY WEIGHT (LBS.)									BEHAVIORAL EFFECTS
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY COMPLETELY SAFE LIMIT
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving skills significantly affected Information processing altered
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	Legally intoxicated Criminal penalties Reaction time slowed Loss of balance Impaired movement Slurred speech
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

MALE ALCOHOL IMPAIRMENT CHART

APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
DRINKS	BODY WEIGHT (LBS.)									BEHAVIORAL EFFECTS
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY COMPLETELY SAFE LIMIT
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Impairment begins
2	.08	.06	.05	.05	.04	.04	.03	.03	.03	Driving skills significantly affected Information processing altered
3	.11	.09	.08	.07	.06	.06	.05	.05		
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	Legally intoxicated Criminal penalties Reaction time slowed Loss of balance Impaired movement Slurred speech
5	.19	.16	.13	.12	.11	.09	.09	.08		
6	.23	.19	.16	.14	.13	.11	.10	.09		
7	.26	.22	.19	.16	.15	.13	.12	.11		
8	.30	.25	.21	.19	.17	.15	.14	.13		
9	.34	.28	.24	.21	.19	.17	.15	.14		
10	.38	.31	.27	.23	.21	.19	.17	.16		



The Pennsylvania Liquor Control Board Bureau of Alcohol Education offers a variety of materials free of charge.
For more information: ra-lbeducation@pa.gov • www.lcb.pa.gov • 800.453.PLCB (7522) • Hearing Impaired: TDD-TTY 717.772.3725
Like us on PLCB Alcohol Education



Mojito

(6 fl. oz.)
(80 proof white rum)

= **1.3**_{SD}

These numbers are average estimates only and should not be used to measure levels of intoxication or blood alcohol content (BAC).



Screwdriver

(7 fl. oz.)
(80 proof vodka)

= **1.3**_{SD}

JUST HAVING ONE DRINK TONIGHT? ARE YOU SURE ABOUT THAT?

A standard drink (SD) of alcohol contains 0.6 fluid ounces of pure ethanol. Some drinks have even more.



Gin & Tonic

(7 fl. oz.)
(94.6 proof gin)

= **1.6**_{SD}

TIPS FOR STAYING SAFER

- Alternate nonalcoholic beverages to help limit your consumption of alcoholic beverages.
- A smaller serving of a mixed alcoholic drink may lessen the likelihood of over-consumption.
- Bartenders may pour differently, so watch your drink being made to know exactly what's in your drink.
- If you are intoxicated, do not drive. Find alternative transportation.



Wine

(5 fl. oz.)
(8% - 22% Alc./Vol.)

= **1—2.75**_{SD}



Craft Beer

(16 fl. oz.)
(5% - 10% Alc./Vol.)

= **1—2**_{SD}



Long Island Iced Tea

(7.5 fl. oz.)

= **4.4**_{SD}

Calculations from
[https://www.
rethinkingdrinking.
niaaa.nih.
gov/tools/
Calculators/
cocktail-
calculator.
aspx](https://www.rethinkingdrinking.niaaa.nih.gov/tools/Calculators/cocktail-calculator.aspx)