### Male
160-180LBS

ONE STANDARD DRINK EQUALS:
- 12 oz of beer
- 1.5 oz of liquor
- 4-5 oz of wine

**BAC under .06 minimizes risk!**

<table>
<thead>
<tr>
<th>HOURS DRINKING</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.02</td>
<td>0.05</td>
<td>0.07</td>
<td>0.09</td>
<td>0.12</td>
<td>0.14</td>
<td>0.16</td>
<td>0.19</td>
<td>0.21</td>
</tr>
<tr>
<td>2</td>
<td>0.00</td>
<td>0.03</td>
<td>0.05</td>
<td>0.07</td>
<td>0.10</td>
<td>0.12</td>
<td>0.14</td>
<td>0.17</td>
<td>0.19</td>
</tr>
<tr>
<td>3</td>
<td>0.00</td>
<td>0.01</td>
<td>0.03</td>
<td>0.05</td>
<td>0.08</td>
<td>0.10</td>
<td>0.12</td>
<td>0.15</td>
<td>0.17</td>
</tr>
<tr>
<td>4</td>
<td>0.00</td>
<td>0.00</td>
<td>0.01</td>
<td>0.03</td>
<td>0.06</td>
<td>0.08</td>
<td>0.10</td>
<td>0.13</td>
<td>0.15</td>
</tr>
<tr>
<td>5</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.01</td>
<td>0.04</td>
<td>0.06</td>
<td>0.08</td>
<td>0.11</td>
<td>0.13</td>
</tr>
</tbody>
</table>

BAC charts are based on the gender and weight of the bearer of the card. This card is for a 160-180lb male. There are additional factors that impact BAC levels, such as body mass index, speed of consumption, type of alcohol, type of mixers, food consumption, and if tired, sick, or on medication.
BAC RESOURCE CARD

Signs of Alcohol Poisoning
• Unconscious
• Vomiting while unconscious/semi-conscious
• Hypothermia (cold/clammy skin, blue nail beds)
• Slow or irregular breathing

Care for Alcohol Poisoning
• CHECK if the person is exhibiting signs of alcohol poisoning
• CALL for help immediately if they are
• CARE for that person until help arrives
  Do Not leave them

Remember
✓ Do not force food or water
✓ Keep them on their side to avoid asphyxiation
✓ Only time can sober them up; do not try a home remedy

Emergency Services: 911 | FAUPD (Boca Raton campus): 561-297-3500