



Female
140-160LBS

ONE STANDARD DRINK EQUALS:



= 12 oz of beer
1.5 oz of liquor
4-5 oz of wine

***BAC under .06
minimizes risk!***

FAU

**OWLS CARE
HEALTH PROMOTION**

Division of Student Affairs
Florida Atlantic University

TOTAL NUMBER OF DRINKS

HOURS DRINKING

	1	2	3	4	5	6	7	8	9
1	.03	.07	.10	.13	.16	.19	.23	.26	.29
2	.01	.05	.08	.11	.14	.17	.21	.24	.27
3	.00	.03	.06	.09	.12	.15	.19	.22	.25
4	.00	.01	.04	.07	.10	.13	.17	.20	.23
5	.00	.00	.02	.05	.08	.11	.15	.18	.21

BAC charts are based on the gender and weight of the bearer of the card. This card is for a 140-160lb female. 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**