

STEPS TO DEAL WITH ALCOHOL POISONING

1. **Wake the person up.** Call by name. Have him/her stand up if possible. If not, **GET HELP!**
2. If unable to stand, **turn the person and keep on side** to help prevent choking on vomit, **GET HELP!**
3. **Check the person's skin.** If it is pale or bluish or is cold and clammy. **GET HELP!**
4. **Check the person's breathing.** If it is irregular or to slow/shallow (less than 8 breaths per minute or more than 10 seconds between breaths), **GET HELP!**
5. If you discover any one of the above problems, stay with the person and call 911. It is important to contact emergency services quickly!
6. It is dangerous to assume a person will just sleep it off. People may pass out before all of the alcohol reaches the brain.

**BETTER SAFE THAN SORRY.
WHEN IN DOUBT, CALL 911!**

the
cause
college.alcohol.use.student.educators

We are a group of peer educators who do an interactive and fun alcohol education program for student organizations and residence halls. Please contact the Alcohol & Health Education Office to schedule a program or find more information about joining the CAUSE.

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WHAT IS BAC?

Blood Alcohol Concentration is the percentage of alcohol in the blood as someone drinks. This means that for every 1,000 milliliters of blood, the body contains 1 milliliter of alcohol. For example, a BAC of .08 means that for every 1000 milliliters of blood, the body contains 8/10ths of a milliliter of alcohol.

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ONE DRINK = 12oz BEER = 4oz WINE = 1oz SHOT

Information adapted from Syndistar, Inc. www.intheknowzone.com
Source: The Office of Health Promotion at the University of Virginia.

KEEP TO THE GREEN LEVEL

- 0.02–0.03** = Some loss of coordination, slight euphoria, loss of shyness
- 0.04–0.06** = Feeling of relaxation, lower inhibitions, some minor impairment of reasoning and memory, lowering of cautions
- 0.07–0.09** = Slight impairment of balance, speech, and reaction time, judgment reduced, reason impaired, .08 is the legal limit

KEEP OUT OF THE RED LEVEL

- 0.10–0.125** = Significant impairment of motor coordination and loss of good judgment, slurred speech; balance and reaction time impaired
- 0.13–0.15** = Gross motor impairment and lack of physical control, blurred vision, loss of balance, anxiety, judgment and perception are severely impaired
- 0.16–0.19** = Nausea and more anxiety, appears as "sloppy" drunk
- 0.20–0.24** = Disoriented, needs help to stand, walk, some have nausea & vomiting, blackouts likely
- 0.25–0.29** = Mental, physical, & sensory functions severely impaired, risk of serious injury
- 0.30–0.34** = Stupor, little comprehension, may pass out, hard to awaken
- 0.35+** = Coma and/or death possible

HOW TO USE YOUR CARD:

First, turn the card over and determine the number of hours over which you are drinking (1, 3, or 5 hours).

Next, locate your weight going across the top of the chart. Then find the number of drinks you are consuming in the left column going down the chart. The intersection of these two numbers is your estimated BAC level.

Remember, all drinks are not the same. Use the drink equivalents above to figure out how much alcohol you are consuming.

KEEP TO YOUR GREEN!

Disclaimer: The purpose of these charts is as a tool and does not guarantee a specific BAC.

MEN AFTER 1 HOUR OF DRINKING

		BODY WEIGHT (LBS.)							
		100	120	140	160	180	200	220	240
NUMBER OF DRINKS	1	.02	.02	.01	.01	.00	.00	.00	.00
	2	.06	.05	.04	.03	.03	.02	.02	.02
	3	.10	.08	.06	.05	.05	.04	.04	.03
	4	.13	.11	.09	.08	.07	.06	.05	.05
	5	.17	.14	.12	.10	.09	.08	.07	.06
	6	.21	.17	.14	.12	.11	.10	.09	.08
	7	.25	.20	.17	.15	.13	.12	.10	.09
	8	.28	.23	.20	.17	.15	.13	.12	.11
	9	.32	.27	.23	.19	.17	.15	.14	.12
	10	.36	.30	.25	.22	.19	.17	.15	.14

MEN AFTER 3 HOURS OF DRINKING

		BODY WEIGHT (LBS.)							
		100	120	140	160	180	200	220	240
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.03	.01	.01	.00	.00	.00	.00	.00
	3	.06	.05	.03	.02	.01	.01	.00	.00
	4	.10	.08	.06	.05	.04	.03	.02	.01
	5	.14	.11	.09	.07	.06	.05	.04	.03
	6	.18	.14	.11	.09	.08	.06	.05	.05
	7	.21	.17	.14	.12	.10	.08	.07	.06
	8	.25	.20	.17	.14	.12	.10	.09	.08
	9	.29	.23	.19	.16	.14	.12	.11	.09
	10	.33	.26	.22	.19	.16	.14	.12	.11

MEN AFTER 5 HOURS OF DRINKING

		BODY WEIGHT (LBS.)							
		100	120	140	160	180	200	220	240
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.00	.00	.00	.00	.00	.00	.00	.00
	3	.03	.01	.00	.00	.00	.00	.00	.00
	4	.07	.05	.03	.01	.00	.00	.00	.00
	5	.11	.08	.05	.04	.02	.01	.01	.00
	6	.15	.11	.08	.06	.14	.03	.02	.01
	7	.18	.14	.11	.08	.07	.05	.04	.03
	8	.22	.17	.13	.11	.09	.07	.06	.05
	9	.26	.20	.16	.13	.11	.09	.07	.06
	10	.30	.23	.19	.15	.13	.11	.09	.08

WOMEN AFTER 1 HOUR OF DRINKING

		BODY WEIGHT (LBS.)							
		90	100	120	140	160	180	190	200
NUMBER OF DRINKS	1	.03	.03	.02	.02	.01	.01	.01	.00
	2	.08	.07	.06	.05	.04	.03	.03	.02
	3	.13	.12	.10	.08	.07	.06	.05	.05
	4	.18	.16	.13	.11	.10	.08	.07	.07
	5	.23	.21	.17	.14	.12	.11	.10	.09
	6	.28	.25	.21	.18	.15	.13	.12	.01
	7	.33	.30	.25	.21	.18	.16	.14	.03
	8	.38	.34	.28	.24	.21	.18	.16	.15
	9	.43	.39	.32	.27	.24	.21	.19	.17
	10	.48	.43	.36	.31	.27	.23	.21	.19

WOMEN AFTER 3 HOURS OF DRINKING

		BODY WEIGHT (LBS.)							
		90	100	120	140	160	180	190	200
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.05	.04	.03	.02	.01	.00	.00	.00
	3	.10	.09	.06	.05	.04	.03	.02	.01
	4	.15	.13	.10	.08	.06	.05	.04	.03
	5	.20	.18	.14	.11	.09	.08	.06	.05
	6	.25	.22	.18	.14	.12	.10	.09	.07
	7	.30	.27	.21	.18	.15	.13	.11	.10
	8	.35	.31	.25	.21	.18	.15	.13	.12
	9	.40	.36	.29	.24	.21	.18	.15	.14
	10	.45	.40	.33	.27	.23	.20	.18	.16

WOMEN AFTER 5 HOURS OF DRINKING

		BODY WEIGHT (LBS.)							
		90	100	120	140	160	180	200	220
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.02	.01	.00	.00	.00	.00	.00	.00
	3	.07	.06	.03	.02	.00	.00	.00	.00
	4	.12	.10	.07	.05	.03	.02	.01	.00
	5	.17	.15	.11	.08	.06	.05	.03	.02
	6	.22	.19	.15	.11	.09	.07	.06	.04
	7	.27	.24	.18	.14	.12	.10	.08	.06
	8	.32	.28	.22	.18	.15	.12	.10	.08
	9	.37	.33	.26	.21	.17	.15	.12	.10
	10	.42	.37	.30	.24	.20	.17	.13	.13

WARNING: This chart is an educational tool and not meant for use otherwise. Remember, when you consume alcohol that fatigue, dehydration, interaction with other drugs, and many other factors may increase the severity of the effects of alcohol which, in turn, increases risk of injury, health problems, or death.