

MEN: "Safer" Drink Guidelines (BAC \leq .05)

Example: A 170 lb. man who has 5.1 drinks or less over 4 hours will have a BAC \leq .05.

TIME SPENT DRINKING

BODY WEIGHT	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

of drinks

**IMPAIRMENT BEGINS WITH YOUR FIRST DRINK.
NEVER DRINK AND DRIVE!**