

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

TIME SPENT DRINKING

BODY WEIGHT	1hr	2hrs	3hrs	4hrs	5hrs
100	1.4	1.8	2.2	2.5	2.9
110	1.6	2.0	2.4	2.8	3.2
120	1.7	2.2	2.6	3.0	3.5
130	1.9	2.3	2.8	3.3	3.8
140	2.0	2.5	3.0	3.6	4.1
155	2.2	2.8	3.4	4.0	4.5
180	2.6	3.3	3.9	4.6	5.3

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

Example: A 120 lb. woman who has
3.0 drinks or less over 4 hours
will have a BAC \leq .05.

of drinks