

## **ALCOHOL BASICS**

BE RESPONSIBLE FOR YOURSELF AND YOUR FRIENDS!

## STANDARD DRINK SIZES



12 OZ. **BEER** 5 OZ. **WINE** 1.5 OZ. **80 PROOF LIQUOR** 

Caution! Some drinks have a higher alcohol beverage volume (ABV) than others.

### BINGE DRINKING



**WOMEN: 4+ DRINKS** 



MEN: 5+ DRINKS

# LIMITS

- STRENGTH OF DRINK
- RATE OF CONSUMPTION
- ► FOOD
- **BODY WEIGHT BLOODSTREAM.**
- DRUG USE
- GENDER

BLOOD ALCOHOL
CONCENTRATION (BAC) IS
THE AMOUNT OF ALCOHOL
THAT IS PRESENT IN THE

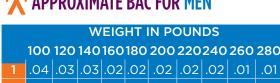
EACH OF THESE FACTORS IMPACT THE WAY YOU REACT TO ALCOHOL.

The liver metabolizes alcohol at an average of one standard size drink per hour.



- Don't drink on an empty stomach
- ▶ Keep track of how much you're drinking
- ▶ Know the signs of alcohol poisoning
- Be an active bystander

## APPROXIMATE BAC FOR MEN



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.13 Source: National Highway Traffic Safety Administration

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## APPROXIMATE BAC FOR WOMEN

WEIGHT IN POUNDS									
	90	100	120	140	160	180	200	220	240
1	.05	.05	.04	.03	.03	.03	.02	.02	.02
2	.10	.09	.08	.07	.06	.05	.05	.04	.04
3	.15	.14	.11	.10	.09	.08	.07	.06	.06
4	.20	.18	.15	.13	.11	.10	.09	.08	.08
5	.25	.23	.19	.16	.14	.13	.11	.10	.09

Source: National Highway Traffic Safety Administration



CAN YOU RECOGNIZE ALCOHOL POISONING?

VOMITING + CONFUSION TROUBLE BREATHI LAMMY + PALE SKII

DIFFICULTY OR INABILIT

TO REMAIN CONSCIOUS

IF YOU THINK SOMEONE HAS ALCOHOL POISONING

- **ROLL THEM ON THEIR SIDE** ► **DON'T LEAVE THEM ALONE**
- CALL 911 **BEGIN CPR IF HEART RATE STOPS**

IF YOU WITNESS SOMEONE IN A RISKY SITUATION

