

Personal BAC Chart

The best way to check and get a more accurate Blood Alcohol Concentration (BAC) is with a professional digital alcohol tester. The charts will give you a bit of a guide, but there are other lots of other factors to consider. Things you would need to consider are: your height and/or weight, gender, physical fitness, if you have eaten, are you tired, are you on any medication and what is the percentage of alcohol is in your drink (s).

Women's Blood Alcohol Level Estimation Chart										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	0	0	0	0	0	0	0	0	0	Only Safe Driving Limit
1	0.05	0.05	0.04	0.03	0.03	0.03	0.02	0.02	0.02	Impairment Begins
2	0.1	0.09	0.08	0.07	0.06	0.05	0.05	0.04	0.04	Driving Skills Impaired <hr/> Possible Criminal Penalties
3	0.15	0.14	0.11	0.1	0.09	0.08	0.07	0.06	0.06	
4	0.2	0.18	0.15	0.13	0.11	0.1	0.09	0.08	0.08	
5	0.25	0.23	0.19	0.16	0.14	0.13	0.11	0.1	0.09	Legally Intoxicated
6	0.3	0.27	0.23	0.19	0.17	0.15	0.14	0.12	0.11	
7	0.35	0.32	0.27	0.23	0.2	0.18	0.16	0.14	0.13	Criminal Penalties
8	0.4	0.36	0.3	0.26	0.23	0.2	0.18	0.17	0.15	
9	0.45	0.41	0.34	0.29	0.26	0.23	0.2	0.19	0.17	
10	0.51	0.45	0.38	0.32	0.28	0.25	0.23	0.21	0.19	Possible Death

1 drink is approx. 1 shot of liquor, a 12 oz. of beer, or a 5 oz. of wine.

Men's Blood Alcohol Level Estimation Chart

Approximate Blood Alcohol Percentage

Drinks	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
0	0	0	0	0	0	0	0	0	Only Safe Driving Limit
1	0.04	0.03	0.03	0.02	0.02	0.02	0.02	0.02	Impairment Begins
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03	Driving Skills Impaired
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05	
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08	
6	0.23	0.19	0.16	0.14	0.13	0.11	0.1	0.09	Possible Criminal Penalties
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11	Legally Intoxicated
8	0.3	0.25	0.21	0.19	0.17	0.15	0.14	0.13	Criminal Penalties
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14	
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16	Possible Death

1 drink is approx. 1 shot of liquor, a 12 oz. of beer, or a 5 oz. of wine.

Disclaimer

These personal BAC charts are only to be used as a guide. If you want to know your BAC accurately, use a personal alcohol tester or find a law enforcement officer and ask he or she to breath test you.

To find out more about breathalyzers and digital alcohol testers, check us out at:

<http://digitalalcoholtesters.net/>