

Blood Alcohol Content (BAC)

EXPLAINED

The point at which you reach 0.08% BAC depends on your gender, weight, how much you drink — and how quickly. Gillette, 2023

BAC Levels and Effects

0.05%

- Relaxation, loss of fine motor control
- Exaggerated behavior and heightened mood
- Lowered reaction time and alertness

0.10%

- Noticeable lack of reaction time and coordination
- Slurred speech
- Slow thinking



0.02%

- Increased body temperature
- Muscle relaxation
- Altered mood
- Loss of judgment

0.08%

- Poor coordination
- Inability to concentrate
- Impaired perception
- Short-term memory loss
- Decline in motor function

0.15+%

- Balance and movement are severely impaired
- Nausea or vomiting
- Loss of memory (blackout)
- Inability to process sounds or visuals



Know your limit, before you get in it.

Even though they come in different sizes, the drinks below are examples of one standard drink.



12 fl oz of
Regular beer

about 5% alcohol



8-9 fl oz of
Malt liquor

about 7% alcohol



5 fl oz of
Table wine

about 12% alcohol



2-3 fl oz of
Cordial liqueur,
or aperitif

about 24% alcohol



1.5 fl oz of
Brandy or cognac
(a single jigger or shot)

about 40% alcohol

Sources: Gillette, H. • Healthline • Wisconsin DOT

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Marshfield Clinic
Health System