

Blood Alcohol Concentration (BACs)

ABCs of BACs

What is BAC?

Your blood alcohol concentration is the amount of alcohol in your blood. For example, if a person's BAC is .05% that means they have 50 milligrams of alcohol in 100 millilitres of blood. Each drink you have within a certain timeframe increases your BAC.

Statistics

Every day in this country, 4 people are killed and 175 are injured in impaired driving crashes.

Many impaired drivers use the following excuses to justify getting behind the wheel impaired - "I've only had a few", "I feel fine to drive" and "I'm only going down the road."

Alcohol affects judgment, hand-eye coordination, ability to focus, ability see and think clearly, ability to recognize potentially dangerous or hazardous road conditions or situations. It impairs every skill you need to drive, not to mention your ability to judge just how impaired you actually are.

A number of factors affect how quickly your BAC rises and drops:

- Body type, weight and food intake at the time of drinking can all impact your BAC.
- Your liver breaks down about 90% of the alcohol, with the remainder passing out of your body unchanged. This process takes about two hours for one standard drink. If you keep drinking during this time, the alcohol stays in your system until your liver is able to process it.
- Your BAC will start to drop once you stop drinking, but it takes longer to fall than it does to rise.

Standard Drinks:

Wine, beer and spirits have different concentrations of alcohol. A “standard” drink or serving contains 13.5 grams of alcohol:

- 341 ml (12 oz.) bottle of beer
- 148 ml (5 oz.) glass of wine
- 44 ml (1.5 oz.) shot of spirits

These different serving sizes all contain 13.5 grams of alcohol.

Myths About Sobering Up

There are as many myths about how to sober up quickly as there are drinks to choose from. Think you can sober up more quickly by drinking coffee or water, jogging, taking a shower, or taking a nap? Think again!

The only thing that will sober you up and lower your BAC limit is time. If you are over the legal limit, it will take about six hours for your body to get rid of all the alcohol.

Please Drink Responsibility!

[http://www.madd.ca/media/docs/ABCs%20 of BACs FINALdoc.pdf](http://www.madd.ca/media/docs/ABCs%20of%20BACs_FINALdoc.pdf)