

# Serv It Up with ServSafe Alcohol

## Your Guide to Serving Alcohol Responsibly – Tracking BAC



### TRACK BAC TO KEEP YOUR GUESTS' HOLIDAYS MERRY (BUT NOT TOO MERRY)

One of the best ways to monitor guests' alcohol consumption is by estimating their blood alcohol content, or BAC. This chart is a useful tool to help predict a guest's intoxication level. Simply count the number of standard drinks your guest has consumed, approximate his or her weight, and follow the chart to estimate his or her BAC. Keep your guests safe and out of the red danger zone when they are enjoying a few libations at your operation this holiday season!

**MEN**  
(AFTER ONE HOUR OF DRINKING)

# of Drinks	100	120	140	160	180	200	220	240
1	.022	.015	.011	.007	.005	.003	.001	.000
2	.059	.046	.038	.031	.026	.022	.018	.015
3	.097	.078	.064	.054	.046	.040	.035	.031
4	.134	.109	.091	.078	.067	.059	.052	.046
5	.172	.140	.118	.101	.088	.078	.069	.062
6	.209	.172	.145	.125	.109	.097	.086	.078
7	.247	.203	.172	.148	.130	.115	.103	.093
8	.284	.234	.198	.172	.151	.134	.120	.109

**WOMEN**  
(AFTER ONE HOUR OF DRINKING)

# of Drinks	100	120	140	160	180	200	220	240
1	.029	.022	.016	.012	.009	.006	.004	.003
2	.074	.059	.048	.040	.034	.029	.025	.022
3	.119	.097	.080	.068	.059	.052	.045	.040
4	.164	.134	.113	.096	.084	.074	.066	.059
5	.209	.172	.145	.125	.109	.097	.086	.078
6	.254	.209	.177	.153	.134	.119	.107	.097
7	.299	.247	.209	.181	.159	.142	.127	.115
8	.344	.284	.241	.209	.184	.164	.148	.134

Indicates a BAC of .08 or higher

Estimating BAC is just one aspect of responsible alcohol service. Make sure your team is prepared to serve alcohol responsibly this holiday season. To learn more about ServSafe Alcohol training, visit [ServSafe.com/ServSafe-Alcohol](http://ServSafe.com/ServSafe-Alcohol)