

## DRINK COUNTING METHOD

Blood Alcohol Content  
In A One Hour Period



**1 oz.**  
80 - 100  
Proof



**12 oz.**  
Beer



**6 oz.**  
Wine

NUMBER OF DRINKS							
CUST. WEIGHT	1	2	3	4	5	6	7
100 LBS	.036	.076	.105	.140	.180	.220	.250
125 LBS	.030	.060	.090	.120	.150	.180	.210
150 LBS	.025	.050	.075	.100	.120	.150	.170
175 LBS	.020	.040	.060	.085	.105	.130	.145
200 LBS	.016	.036	.050	.070	.090	.105	.120
225 LBS	.014	.028	.043	.065	.080	.100	.110

**REMEMBER** - The liver removes the equivalent of one ounce of 80 proof alcohol per hour. One ounce of 80 proof alcohol, 12 ounces of beer, or 6 ounces of table wine all have the same effect on the body. As a professional bartender, you **MUST** know your state's Blood Alcohol Content laws! **All states have set their BAC to .08% as federally mandated!**

**DISCLAIMER:**

Counting drinks is an accepted method of determining a customer's BAC level. The server of alcohol **MUST** make a judgment based on counting drinks, as well as observing the customers behavior and appearance. The above chart will not be accurate if a customer has consumed alcohol prior to your serving them, or if the alcohol is not measured accurately. Professional Bartending Schools of America has developed the above chart as a guideline to help in determining the customers BAC level. The server of alcohol assumes all liability for their decisions in the serving of alcohol. Professional Bartending Schools of America accepts no liability for any server's decision based on use of the above chart.