

HEADS



Higher Education Alcohol & Drug
STRATEGIC UNIFIED PREVENTION

WWW.ABC.VIRGINIA.GOV/HEADSUP

ALCOHOL BASICS

BE RESPONSIBLE FOR YOURSELF AND YOUR FRIENDS!

STANDARD DRINK SIZES



12 OZ. BEER

5 OZ. WINE

1.5 OZ. 80 PROOF LIQUOR

Caution! Some drinks have a higher alcohol beverage volume (ABV) than others.

BINGE DRINKING



WOMEN: 4+ DRINKS



MEN: 5+ DRINKS

KNOW YOUR LIMITS

- ▶ STRENGTH OF DRINK
- ▶ RATE OF CONSUMPTION
- ▶ FOOD

- ▶ BODY WEIGHT
- ▶ DRUG USE
- ▶ GENDER

BLOOD ALCOHOL CONCENTRATION (BAC) IS THE AMOUNT OF ALCOHOL THAT IS PRESENT IN THE BLOODSTREAM.

EACH OF THESE FACTORS IMPACT THE WAY YOU REACT TO ALCOHOL.

The liver metabolizes alcohol at an average of one standard size drink per hour.

TAKE

CONTROL

- ▶ Avoid drinking games
- ▶ Don't drink on an empty stomach
- ▶ Keep track of how much you're drinking
- ▶ Know the signs of alcohol poisoning
- ▶ Be an active bystander



APPROXIMATE BAC FOR MEN

		WEIGHT IN POUNDS									
		100	120	140	160	180	200	220	240	260	280
# OF DRINKS	1	.04	.03	.03	.02	.02	.02	.02	.02	.01	.01
	2	.08	.06	.05	.05	.04	.04	.03	.03	.02	.02
	3	.11	.09	.08	.07	.06	.06	.05	.05	.04	.04
	4	.15	.12	.11	.09	.08	.08	.07	.06	.06	.05
	5	.19	.16	.13	.12	.11	.09	.09	.08	.08	.07
	6	.23	.19	.16	.14	.13	.11	.10	.09	.09	.09

Source: National Highway Traffic Safety Administration



APPROXIMATE BAC FOR WOMEN

		WEIGHT IN POUNDS								
		90	100	120	140	160	180	200	220	240
# OF DRINKS	1	.05	.05	.04	.03	.03	.03	.02	.02	.02
	2	.10	.09	.08	.07	.06	.05	.05	.04	.04
	3	.15	.14	.11	.10	.09	.08	.07	.06	.06
	4	.20	.18	.15	.13	.11	.10	.09	.08	.08
	5	.25	.23	.19	.16	.14	.13	.11	.10	.09

Source: National Highway Traffic Safety Administration

BE AWARE

CAN YOU RECOGNIZE ALCOHOL POISONING?

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VOMITING + CONFUSION
TROUBLE BREATHING
CLAMMY + PALE SKIN
DIFFICULTY OR INABILITY TO REMAIN CONSCIOUS



TAKE ACTION

IF YOU THINK SOMEONE HAS ALCOHOL POISONING

- ▶ ROLL THEM ON THEIR SIDE
- ▶ DON'T LEAVE THEM ALONE
- ▶ CALL 911
- ▶ BEGIN CPR IF HEART RATE STOPS

IF YOU WITNESS SOMEONE IN A RISKY SITUATION

