

# PARTY SAFE



## KNOW YOUR DRINK

Body weight in pounds (men)

		120	140	160	180	200	220	240
number of drinks	1	.02	.01	.01	.00	.00	.00	.00
	2	.05	.04	.03	.03	.02	.02	.02
	3	.08	.06	.05	.05	.04	.04	.03
	4	.11	.09	.08	.07	.06	.05	.05
	5	.14	.12	.10	.09	.08	.07	.06
	6	.17	.14	.12	.11	.10	.09	.08
	7	.20	.17	.15	.13	.12	.10	.09
	8	.23	.20	.17	.15	.13	.12	.11
	9	.27	.23	.19	.17	.15	.14	.12
	10	.30	.25	.22	.19	.17	.15	.14

HOUR  
1

		120	140	160	180	200	220	240
number of drinks	1	.00	.00	.00	.00	.00	.00	.00
	2	.01	.01	.00	.00	.00	.00	.00
	3	.05	.03	.02	.01	.01	.00	.00
	4	.08	.06	.05	.04	.03	.02	.01
	5	.11	.09	.07	.06	.05	.04	.03
	6	.14	.11	.09	.08	.06	.05	.05
	7	.17	.14	.12	.10	.08	.07	.06
	8	.20	.17	.14	.12	.10	.09	.08
	9	.23	.19	.16	.14	.12	.11	.09
	10	.26	.22	.19	.16	.14	.12	.11

HOUR  
3

Body weight in pounds (women)

		100	120	140	160	180	200
number of drinks	1	.03	.02	.02	.01	.01	.01
	2	.07	.06	.05	.04	.03	.03
	3	.12	.10	.08	.07	.06	.05
	4	.16	.13	.11	.10	.08	.07
	5	.21	.17	.14	.12	.11	.10
	6	.25	.21	.18	.15	.13	.12
	7	.30	.25	.21	.18	.16	.14
	8	.34	.28	.24	.21	.18	.16
	9	.39	.32	.27	.24	.21	.19
	10	.43	.36	.31	.27	.23	.21

HOUR  
1

		100	120	140	160	180	200
number of drinks	1	.00	.00	.00	.00	.00	.00
	2	.04	.03	.02	.01	.00	.00
	3	.09	.06	.05	.04	.03	.02
	4	.13	.10	.08	.06	.05	.04
	5	.18	.14	.11	.09	.08	.06
	6	.22	.18	.14	.12	.10	.09
	7	.27	.21	.18	.15	.13	.11
	8	.31	.25	.21	.18	.15	.13
	9	.36	.29	.24	.21	.18	.15
	10	.40	.33	.27	.23	.20	.18

HOUR  
3

ONE  
drink



12  
ounces of  
BEER

=



5  
ounces of  
WINE

=



1½  
ounces of  
LIQUOR

# PARTY SAFE



## TRY THESE FOR STAYING SAFE

**Eat before you go out**

**Alternate alcohol and  
non-alcohol drinks**

**Avoid drinking games**

**Let a friend know when you've  
had enough to drink**

**Don't try to "keep up with others"**

**ONE**  
*drink*



ounces of  
**BEER**

=



ounces of  
**WINE**

=



ounces of  
**LIQUOR**

# PARTY SAFE



## WATCH YOUR DRINK

**Watch your drink being poured -  
at a bar, at a party, anywhere**

**Avoid putting your drink down and  
walking away**

**Use a clear cup for your drink**

**Always be willing to pour your drink out  
and get a new one, it's worth it!**

**ONE  
drink**



ounces of  
**BEER**

=



ounces of  
**WINE**

=



ounces of  
**LIQUOR**