



Blood Alcohol Content (BAC)

MAY 2026

LENGTH 2–5 minutes

TO PREPARE Read the background information.

BACKGROUND

- Alcohol impaired driving continues to be one of the biggest safety issues on the roadway and in the workplace.
 - Crashes involving an alcohol impaired driver are those that involve at least one driver with **Blood Alcohol Content (BAC)** of **.08 or more**.
- Driving while under the influence of alcohol can risk your life and the lives of others, and it can send you to jail.
 - If you are under 21, it is illegal for you to drive with any detectable amount of alcohol in your system.
- Employers have a role to play in educating employees of the risks of driving under the influence—whether employees are driving as a part of their job or not.

DISCUSSION

- Have you ever wondered what blood alcohol concentration (BAC) has to do with a person's ability to be safe while driving or performing job tasks?
- A person with **BAC 0.117 at 2 a.m.** will need **up to 9 hours** to clear their system of alcohol, and may come to work impaired at 8 a.m.
- Many factors can affect an individual's BAC. It is important to understand these factors to encourage responsible drinking.



Other than the amount of alcohol consumed during a given amount of time, what other factors influence blood alcohol concentration (BAC)?

- Age, gender and weight
- Food consumed before and after drinking
- Medications present in the body

Impairment begins with the first drink.

- Impairment at a BAC level of 0.02 will include loss of judgment and trouble doing two tasks at once. [This could be two beers]



TRAFFIC SAFETY Huddle

- Impairment at a BAC level of 0.05 shows as reduced coordination and ability to track moving objects; difficulty steering. [This could be three beers]
- Impairment at a BAC level of 0.08 shows as trouble controlling speed and difficulty processing information and reasoning. [This could be four beers]

OPTIONAL DISCUSSION

Calculating BAC

If time allows for exploring how to calculate BAC using an interactive online tool, use this link:

- responsibility.org/drink-responsibly/bac-calculator/

SUMMARY

- Encourage responsible driving by employees to reduce the risk of crashing and other negative consequences from problem drinking.
- Understanding how alcohol can affect your body can be key to keeping yourself and others safe at work and on the roadway.