



## Blood Alcohol Content (BAC)

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**LENGTH** 2–5 minutes

**TO PREPARE** Read the background information.

### BACKGROUND

- Alcohol consumption among adults is a common reality, and as an employer, you might be thinking it's an off the job behavior, so what does it have to do with the workplace? Your employees can learn from you the reality of drinking, driving, hangovers, and the after effects. Now is the right time to talk with all of your employees about how they manage their social times that involve drinking alcohol.
- Discussing the topic of blood alcohol content matters to the employer for many reasons. The National Council on Alcoholism and Drug Dependence stated that **nationally, 24% of workers admitted to drinking at work during the past year, and one-fifth of employees said their safety and productivity have been at risk due to a fellow employee's drinking habits.**
- In this Safety huddle, employees can learn how to measure and monitor their risks associated with drinking, and what it means to feel a little rough the next day after drinking alcohol.

### 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 a 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.



**You and your friends are attending an event where alcohol is served. You have a plan that involves a Designated Driver (DD). But things have changed, and your DD is no longer available. Plan B might include which of the following?**

- Calling a cab or ride share
- Calling a friend who's sober.
- Staying over for the night.





# TRAFFIC SAFETY HUDDLE



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

- Gender
- Amount of food present in the body
- Medications present in the body
- Body temperature
- Spices in food consumed and present in the body

Impairment begins at 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 2 beers]

**Impairment at a BAC level of 0.05** shows as reduced coordination and ability to track moving objects; difficulty steering. [This could be 3 beers]

**Impairment at a BAC level of 0.08** shows as trouble controlling speed and difficulty processing information and reasoning. [This could be 4 beers]

## OPTIONAL DISCUSSION

### Calculating BAC

If time allows for exploring how to calculate BAC, use this link:

<https://www.autoevolution.com/bac/>

You will need to input gender, weight, number of hours since alcohol was consumed, and types and quantities consumed.

## SUMMARY

- Making plans for any event where alcohol will be served should include safe methods of getting home, and alternate plans.
- A person who consumes alcohol can be impaired for several hours afterwards, resulting in hangover symptoms and inconsistent work performance. Know your risks before your job, and more, is impacted.

