

# Who can handle one more drink?



## John

**Gender:** Male

**Age:** 50-55 years old

**Body type:** Normal build with average height and weight

**Emotional state:** Happy, relaxed

**Drinks consumed:** One 12-ounce beer

**Food consumed:** None

### *Can John handle one more drink?*

Yes. But be sure to observe older guests carefully as they may become intoxicated more quickly than younger guests. This is due to a slowing of enzyme action and, typically, a higher percentage of body fat.



## Julia

**Gender:** Female

**Age:** 25-30 years old

**Body type:** Tall with average weight—appears to be muscular and athletic

**Emotional state:** Calm, relaxed

**Drinks consumed:** Unsure

**Food consumed:** Hamburger

### *Can Julia handle one more drink?*

Julia has just entered the establishment, and you don't know if she was drinking prior to arriving. Observe her to determine if she is exhibiting any signs of intoxication. Julia is eating, which will slow the rate at which alcohol enters her bloodstream. If Julia shows no signs of intoxication, it is safe to serve her. But remember, drink for drink, women tend to reach a higher BAC more quickly than do men of equal size.



## Winston

**Gender:** Male

**Age:** 40-45 years old

**Body type:** Lean build and average height—muscular and athletic

**Emotional state:** Calm, relaxed

**Drinks consumed:** Three 12-ounce beers

**Food consumed:** None

### *Can Winston handle one more drink?*

Although Winston is lean and muscular, which typically means a lower BAC, he has consumed three 12-ounce beers in the past hour. Now, he is drinking a two-ounce martini, which contains a larger percentage of alcohol by volume. Also, he has not eaten. Before serving Winston another drink, it is important to observe him for signs of intoxication and refer to a BAC estimation chart.



## Justin

**Gender:** Male

**Age:** 25-30 years old

**Body type:** Large build, slightly overweight

**Emotional state:** Agitated

**Drinks consumed:** Four 12-ounce beers

**Food consumed:** None

### *Can Justin handle one more drink?*

While it is true that this guest has a large build, he also has a higher percentage of body fat, which does not absorb alcohol. This guest is also agitated. When a person experiences intense emotions, he or she can have a sudden spike in BAC as he or she relaxes and the alcohol hits the bloodstream. Justin should be carefully observed to determine if he is showing any signs of intoxication before deciding to serve him another drink.