



**ServItUp!**

*Staying smart wherever  
holiday spirits are served this season.*

# Quick Facts

For servers on the go



[www.ServSafe.com/ServItUp](http://www.ServSafe.com/ServItUp)



## Standard one drink equivalents

|        |        |           |
|--------|--------|-----------|
| Wine   | 5oz    | 12% ABV   |
| Beer   | 12oz   | 5% ABV    |
| Liquor | 1.5 oz | 80 proof  |
| Liquor | 1 oz   | 100 proof |

## Drink Math

$$\frac{\text{Oz of liquor}}{\text{Oz in 1 drink}} = \text{Number of drinks}$$

## When to get a manager

- You notice violent behavior
- You notice illegal activities
- Liquor Authority/Police visits

## Blood Alcohol Content (BAC) Estimation Charts

### MEN

(after one hour of drinking)

#### Body Weight

| Number of Drinks | 100  | 120  | 140  | 160  | 180  | 200  | 220  | 240  |
|------------------|------|------|------|------|------|------|------|------|
| 1                | .022 | .015 | .011 | .007 | .005 | .003 | .001 | .000 |
| 2                | .059 | .046 | .038 | .031 | .026 | .022 | .018 | .015 |
| 3                | .097 | .078 | .064 | .054 | .046 | .040 | .035 | .031 |
| 4                | .134 | .109 | .091 | .078 | .067 | .059 | .052 | .046 |
| 5                | .172 | .140 | .118 | .101 | .088 | .078 | .069 | .062 |
| 6                | .209 | .172 | .145 | .125 | .109 | .097 | .086 | .078 |
| 7                | .247 | .203 | .172 | .148 | .130 | .115 | .103 | .093 |
| 8                | .284 | .234 | .198 | .172 | .151 | .134 | .120 | .109 |

Indicates a BAC of .08 or higher

Markham, M.R., Miller, W.R. & Arciniega, L. (1993) BACCUS 2.0: Computer software for quantifying alcohol consumption. Behavior Research Methods, Instruments, & Computers, 25, 420-421

### WOMEN

(after one hour of drinking)

#### Body Weight

| Number of Drinks | 100  | 120  | 140  | 160  | 180  | 200  | 220  | 240  |
|------------------|------|------|------|------|------|------|------|------|
| 1                | .029 | .022 | .016 | .012 | .009 | .006 | .004 | .003 |
| 2                | .074 | .059 | .048 | .040 | .034 | .029 | .025 | .022 |
| 3                | .119 | .097 | .080 | .068 | .059 | .052 | .045 | .040 |
| 4                | .164 | .134 | .113 | .096 | .084 | .074 | .066 | .059 |
| 5                | .209 | .172 | .145 | .125 | .109 | .097 | .086 | .078 |
| 6                | .254 | .209 | .177 | .153 | .134 | .119 | .107 | .097 |
| 7                | .299 | .247 | .209 | .181 | .159 | .142 | .127 | .115 |
| 8                | .344 | .284 | .241 | .209 | .184 | .164 | .148 | .134 |

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*¡Sírvelo!*

*Manténgase alerta dondequiera que se sirvan bebidas alcohólicas en estas fiestas.*

# *Datos de interés*

**Para los camareros  
en movimiento**



[www.ServSafe.com/ServItUp](http://www.ServSafe.com/ServItUp)



## Equivalentes de una bebida estándar

|         |        |            |
|---------|--------|------------|
| Vino    | 5 oz   | 12 % ABV   |
| Cerveza | 12 oz  | 5 % ABV    |
| Licor   | 1,5 oz | 80 grados  |
| Licor   | 1 oz   | 100 grados |

## Matemáticas de bebidas

$$\frac{\text{Oz de licor}}{\text{Oz en 1 trago}} = \text{Cantidad de tragos}$$

## Cuándo buscar un gerente

- Observa un comportamiento violento.
- Observa actividades ilegales.
- Autoridad de bebidas alcohólicas/ visitas de la policía.

## Tablas de estimación del contenido de alcohol en sangre (Blood Alcohol Content, BAC)

### HOMBRES

(después de una hora de beber)

#### Peso corporal

| Cantidad de tragos | 100  | 120  | 140  | 160  | 180  | 200  | 220  | 240  |
|--------------------|------|------|------|------|------|------|------|------|
| 1                  | .022 | .015 | .011 | .007 | .005 | .003 | .001 | .000 |
| 2                  | .059 | .046 | .038 | .031 | .026 | .022 | .018 | .015 |
| 3                  | .097 | .078 | .064 | .054 | .046 | .040 | .035 | .031 |
| 4                  | .134 | .109 | .091 | .078 | .067 | .059 | .052 | .046 |
| 5                  | .172 | .140 | .118 | .101 | .088 | .078 | .069 | .062 |
| 6                  | .209 | .172 | .145 | .125 | .109 | .097 | .086 | .078 |
| 7                  | .247 | .203 | .172 | .148 | .130 | .115 | .103 | .093 |
| 8                  | .284 | .234 | .198 | .172 | .151 | .134 | .120 | .109 |

Indica un BAC de 0,08 o superior

Markham, M.R., Miller, W.R. y Arciniega, I. (1993) BACoS 2.01: Programas informáticos para cuantificar el consumo de alcohol. Computadoras, instrumentos y métodos de investigación del comportamiento, 25, 420-421

### MUJERES

(después de una hora de beber)

#### Peso corporal

| Cantidad de tragos | 100  | 120  | 140  | 160  | 180  | 200  | 220  | 240  |
|--------------------|------|------|------|------|------|------|------|------|
| 1                  | .029 | .022 | .016 | .012 | .009 | .006 | .004 | .003 |
| 2                  | .074 | .059 | .048 | .040 | .034 | .029 | .025 | .022 |
| 3                  | .119 | .097 | .080 | .068 | .059 | .052 | .045 | .040 |
| 4                  | .164 | .134 | .113 | .096 | .084 | .074 | .066 | .059 |
| 5                  | .209 | .172 | .145 | .125 | .109 | .097 | .086 | .078 |
| 6                  | .254 | .209 | .177 | .153 | .134 | .119 | .107 | .097 |
| 7                  | .299 | .247 | .209 | .181 | .159 | .142 | .127 | .115 |
| 8                  | .344 | .284 | .241 | .209 | .184 | .164 | .148 | .134 |

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