

Blood Alcohol Concentration and You

Blood alcohol concentration (BAC) is a measure of the level of alcohol in your blood.

- If you have .08 to .10 BAC, you are legally too drunk to drive in most states.
- As little as .04 can affect your ability to do your job safely.

How Much Alcohol Is Too Much?

In safety-sensitive jobs, any alcohol is too much. Even one drink can put you over the BAC limit.

Alcohol and Job Safety...

- Many government and private employers prohibit the use of alcohol within four hours of performing safety-sensitive tasks.
- When safety is an issue, you can be tested without warning.

What Happens If You Test Positive?

- You may be prohibited from doing your job until your BAC reaches acceptable levels.
- You may be required to be tested regularly for alcohol abuse.
- You may be required to seek treatment for alcohol abuse.
- You may be terminated.
- You could possibly lose your job.

Don't Let Alcohol Ruin Your Life...

- Stay sober on the job.
- If you need help, see your employee assistance professional or check your phone book's community resources pages under "Alcohol and Drug Abuse."

Your company values your contribution as a sober employee.