

What is BAC?

Blood alcohol concentration (BAC) is a way of measuring how much alcohol is in the blood. This, rather than the exact amount of alcohol the person has consumed, will determine the effects the alcohol will have on the person's brain, body and behavior.

The amount of alcohol in the bloodstream is measured in mg of alcohol per 100ml of blood. It is usually shown as a decimal, such as 0.05.

Your BAC can be assessed from a breath test or breathalyser, as well as blood tests.

