



## ELIGIBILITY REQUIREMENTS

Donors must:

- **Bring identification**
- **Be healthy**
- **Be at least 17 years old** in most states, or 16 years old with parental consent if allowed by state law
- **Weigh at least 110 lbs.** (Additional weight requirements apply for donors 18 years old and younger and all high school donors.)
- **Have not donated blood within 56 days prior to current donation**

Other aspects of each potential donor's health history are discussed as part of the donation process before any blood is collected. Each donor receives a brief examination during which temperature, pulse, blood pressure and hemoglobin (or hematocrit) are measured.

For more information regarding blood donation eligibility, please visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800- RED CROSS.

Sincerely,

Sandi Lampshire  
Community and Employee Development Committee  
Horrocks Engineers

