

Information For High School Blood Recruitment Team



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Congratulations on being part of the American Red Cross high school blood drive recruitment team. Almost everyone during their life will know someone who needs a blood transfusion. There is no substitute and still only one source of blood for transfusion-volunteer blood donors.

So we can provide the safest possible donation experience, there have been some changes to the high school blood drive process.

Some of the enhancements include:

Detailed information on student volunteer training - You will be assigned a specific job on the day of the blood drive and will be trained in those responsibilities in advance of the blood drive. Listen carefully and ask questions during your training so you understand your role.

Donor safety techniques - Most students have a good donation experience and feel good about donating. Some people may experience light-headedness or dizziness or an upset stomach that resolves soon after donation. You will be trained on how to recognize a donor reaction and techniques that you can use to help donors avoid a reaction.

Changes in Criteria for Blood Donation - Research has shown that young donors who have a blood volume less than 3500mL are more likely to have an adverse reaction following a blood donation. Selection criteria will now include a table based on height, age and weight that will determine if students are eligible to donate.

Male donors must weigh 110 pounds or more, depending on their height according to the following chart:

| | | | |
|-------------------------|--------|--------|--------------|
| If you are | 4' 10" | 4' 11" | 5' or taller |
| You must weigh at least | 120 | 115 | 110 |

Female donors must weigh 110 lbs or more, depending on their height according to the following chart:

| | | | | | | | | | |
|-------------------------|--------|--------|-----|-------|-------|-------|-------|-------|-----------------|
| If you are | 4' 10" | 4' 11" | 5' | 5' 1" | 5' 2" | 5' 3" | 5' 4" | 5' 5" | 5' 6" or taller |
| You must weigh at least | 146 | 141 | 138 | 133 | 129 | 124 | 118 | 115 | 110 |

Never hesitate to ask an American Red Cross staff member for help or assistance, or to ask any questions! We are here to support you.

