

Maximize your blood donation. Help more patients.

Power Red



**American
Red Cross**

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential to hospital patients. Give a Power Red donation and you can help more patients.

Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you. These red cells help trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.



Help more patients with one scheduled appointment. Red cells are the most commonly transfused and needed blood component. They are always in high demand, frequently given to trauma and surgery patients.

Maximize your impact. With just a little extra time at your appointment, you increase your impact on patients in need.

A comfortable experience. Many donors say they prefer the experience of a Power Red donation: it requires a smaller needle and fluids are returned to the donor during the donation process.

Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A or B negative.
- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.
- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.
- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

Power Red Requirements		
MCS+ Machine	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.

Call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org/givemore to schedule an appointment or for more information.



HOPE begins with you.

Information for High School Blood Drive Recruitment Team Height and Weight Requirements for Whole Blood Donation

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.

Did you know?

There is no blood substitute and still only one source for transfusion...



Volunteer BLOOD DONORS.

So that we can provide the safest possible donation experience, the following are included in the high school blood drive process:

Detailed information on student volunteer training—You will be assigned a specific job on the day of the blood drive and will be notified of your responsibilities in advance of the blood drive.

Donor safety techniques—Most students have a good donation experience and feel good about donating. Some people may experience lightheadedness or dizziness or an upset stomach that resolves soon after donation. You will be provided information on how to recognize when a donor is not feeling well and techniques you can use to help donors relax after donation.

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 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 in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

FEMALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	133	129	124	120	115	110

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



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