

Job Aid – Donor Height / Weight Standards

All donors, male and female, must be at least 17 years of age and weigh at least 115 pounds.

Females older than 22 years of age, must weigh at least 115 lbs.

Female donors between 17 and 22 years old who are shorter than 5 feet 6 inches tall can donate if they meet the height/weight requirements on the table below:

Height:	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5'
Weight:	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115