

## **Donate blood during working hours: Good job!**

With an hour of your time you can save 3 lives! Together with your company, Sanquin at Work is raising awareness for the need of blood donation. Make your work day even more productive and [sign up right away!](#)

### **Good to know**

- Hundreds of people in the Netherlands need blood every day. Are you healthy, do you feel fit and would you like to do something for someone else? Register now as a blood donor!
- There are blood banks throughout the Netherlands. You can choose where to donate per donation: close to home or close to work.
- You decide at what time you come to the blood bank for donation.
- Women are called upon to donate blood up to 3 and men up to 5 times a year.

### **4 Good Reasons to Become a Donor:**

- Save lives: One in four people will need blood at some point to survive, recover, or prevent illness. As a blood donor, you make a huge impact on the lives of for example people with cancer, traffic accident victims, and mothers and babies after a difficult delivery.
- A great feeling: Donating blood or plasma means doing something good for someone else. The feeling of helping another person is truly unmatched!
- Health check: With every donation, you receive a brief medical check-up. So, as a donor, you benefit from regular insight into your own health.
- Maintaining blood supply: By donating blood or plasma regularly, you and other donors ensure that there is always enough blood and plasma for those in need.

### **About Sanquin**

Sanquin is a not-for-profit organization that provides the blood supply in the Netherlands. In addition to collecting, processing, and distributing blood products, Sanquin is involved in the production of reagents, conducting research, and providing education. Everything related to blood collection is entirely on a non-profit basis.