



Saving lives during  
working hours with  
**Sanquin at Work?**  
Become a blood donor!



***For Life.***



With an hour of your (work) time, you can save as many as three lives! Your employer donates time, you donate blood. That is the idea behind **Sanquin at Work**.

Every day, hundreds of people in the Netherlands need blood. Are you healthy, do you feel fit and would you like to do something for someone else? Sign up now as a blood donor! And make sure the rest of your team is enthusiastic too: the more colleagues participate, the more people we can help. Your employer can tell you how Sanquin at Work is organised for you and how much time you will get for this.

With one blood donation you can save as many as three lives.

### **Good to know**

- There are blood banks throughout the Netherlands. You choose where to donate. For example, close to home or close to work.
- You give 500 ml of blood each time.
- Before you donate, you get a medical examination. A free health check, in other words!
- Men can donate blood up to five times a year. Women three times. This gives your body time to recover.
- Donating itself takes 15 minutes. Together with the questionnaire, examination and rest afterwards, your visit takes about an hour.
- How often we ask you to donate depends on your blood type and the demand from the hospitals.

Questions about being a donor? Call Sanquin at 088-730 8686.

### **We are looking for fresh blood!**

Sign up at [www.sanquin.nl/goedwerk](http://www.sanquin.nl/goedwerk) or use the QR code on this flyer.

