

Blood donation at your company

Every drop counts. There is no shorter way to express the importance of every single blood donation.

Around 700 blood donations are needed every day in Switzerland!

Why not inform your employees about blood donation and encourage them to donate?

Support the spirit of solidarity within your company and demonstrate your commitment to helping others. Your employees will appreciate your humanitarian engagement.

Planning

- A lead time of at least **2 months** is required for planning.
- The donation date will be agreed upon jointly and can take place from **Monday to Thursday**.
- **A minimum of 50 potential donors** is recommended. Experience shows that around **10% of employees** participate. Please determine the expected number of participants in advance through an internal survey.
- To encourage participation, we recommend allowing employees to donate during working hours (approx. 1 hour) and communicating this internally in good time.
- We are happy to review the suitability of the premises together with you.
Requirements:
 - Minimum area of **100 m²**
 - Good lighting conditions
 - Toilet facilities nearby
 - Sufficient power outlets
 - Ground-level access or a lift for transporting equipment
 - Sufficient number of tables and chairs
 - **Parking space** close to the donation location **with a 220V power connection** for our vehicle including trailer (**total dimensions: L × W × H: 11 × 1.80 × 2.50 m**).
- Upon request, we can provide promotional materials:
 - Flyer
 - Display stands and drop flags on the day of the donation event
- Use internal communication channels such as your intranet or email to promote the blood donation event.
- Consider informing nearby companies, vocational schools, or other institutions to help attract additional potential donors.

Execution

- On the day of the blood donation event, a company contact person should be present on site (please provide their name and phone number in advance).
- Our team will arrive approximately **1 hour before** the start to set up the premises. After the event, we will also need approximately 1 hour for dismantling and packing up the equipment.
- Corporate blood donation events **usually last 3 hours** and can take place during lunchtime (e.g. 11:00 am–2:00 pm), as employees are often more available during this time.
The exact duration and the most suitable timing will, of course, be agreed upon together with you.
- Ideally, your company can provide a **few volunteers** to support the event on site. They can assist with donor care, taking blood pressure, or other organisational tasks. No medical knowledge is required.
- **The refreshments** for donors, volunteers, and our staff (sandwiches and drinks) will be organised by your company. We will reimburse you CHF 6 per donor and staff member.
- We recommend offering 15-minute appointment slots (e.g. via an excel sheet on your intranet) to reduce waiting times. The number of donors per time slot depends on the room size.

Information for donors

- Drink plenty (**min. 1,5 liter**) and eat a small snack before donating.
- Donors can use the **Travel Check** link to verify in advance whether they are eligible to donate.
- **First-time donors** must bring a valid ID or driver's license and arrive at least 1 hour before the end of the blood donation.
- The entire blood donation process takes approx. **45 min – 1 hour** (including refreshment and resting time)
- It is safe to drive after a 30 minute rest.
- Avoid standing for a long time after donating. Sit or lie down if you feel dizzy.
- Avoid strenuous activity after donating (e.g. sauna, diving, climbing or flying), and avoid high-performance sport for two days.
- Keep the pressure bandage on for at least two hours after donating. Rest your donation arm.

Information about donating

- If you fulfil our donation criteria, you may donate up to four times a year (12 weeks rest between each full blood donation).
- During the donation 450ml of blood will be taken. We only use sterilized disposable material, eliminating any risk of infection.
The donation takes approximately 10 – 12 minutes. Experienced medical staff will look after you all the time.
- Each donation will be tested for HIV, hepatitis B, hepatitis C, hepatitis E and syphilis. Your blood group will also be tested. The first time you donate your blood will also be screened for antibodies. You will be contacted within 4 weeks by phone or by letter if any of your test results are abnormal. We won't contact you if your results are normal.
- If you fall ill within a week of donating, please get immediately in contact with our donor office in Schlieren (Tel. 058 272 52 52).

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