

# Height and Weight Requirements

FOR 16 TO 18-YEAR-OLD BLOOD DONORS



MALE DONORS	
HEIGHT	MINIMUM WEIGHT
Any	110 lbs

FEMALE DONORS	
HEIGHT	MINIMUM WEIGHT
4'7" and shorter	160 lbs
4'8"	155 lbs
4'9"	150 lbs
4'10"	145 lbs
4'11"	145 lbs
5'	140 lbs
5'1"	135 lbs
5'2"	130 lbs
5'3"	125 lbs
5'4"	120 lbs
5'5"	115 lbs
5'6" and taller	110 lbs

**NOTE:** Values are approximate and do not guarantee eligibility for all donation types. The information provided here covers general guidelines established by Nebraska Community Blood Bank and the Food and Drug Administration (FDA). Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact Nebraska Community Blood Bank at 1-877-486-9414 to verify eligibility.