

THE SINGAPORE CONTRACTORS ASSOCIATION LTD
SCAL BLOOD DONATION DRIVE 2019

Date : 10 May 2019, Friday
Time : 11:00am to 5:00pm
Venue : 1 Bukit Merah Lane 2, Singapore 159760
Construction House

Register your interest as a Company

Company Name:

No. of Interested Donors:

Main Contact Person:

Contact No.:

Email:.....

****Kindly compile the pre-registration form for donors and email directly to daphne@scal.com.sg by Friday 26 April 2019.***

****Please note that timeslots are allocated on a first-come-first-served basis.***

Information for Blood Donors

Blood donation is one of the kindest and most generous acts that one human being can do for another.

The donor needs to be well on the day of donation. He/She should not have a sore throat, cold, fever or flu-like symptoms.

Generally the blood donation processes involves the following steps:

The donor needs:

- To complete a Donor Health Assessment Questionnaire and Declaration Form (HAQ) (available on the HAS website at www.hsa.gov.sg) which has questions on the donor's general health, travel history and lifestyle.
- To bring along NRIC. If donor is from another country, please bring either work permit, S pass, E pass, dependent pass or passport.
- To go through medical screening, as detailed in HAQ. Blood pressure, pulse, body weight and temperature will be taken.
- to go through a haemoglobin check to ensure that donor is eligible for donation
- To receive a small local anaesthetic (painkiller) injection before the insertion of the donation needle. 300 – 350ml of blood will be taken if body weight is 45-50kg and 450ml will be taken if body weight is 50kg and above.
- To rest after the donation for 5 to 10 minutes and a light refreshment will be served. The donor should leave the donation site only if he/she feels well

