



WORK RIGHT REVIEW

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EFFORT IN THE VEIN

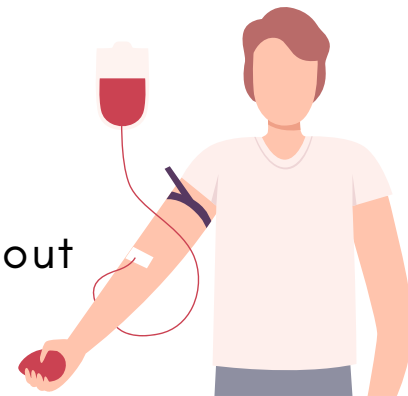
BY TREVOR ADDISON, ATC



We know, you've heard it before: *Donate blood and save a life!* In actuality, one donation can save up to **three** lives. This means plenty of people must be donating, right? There should be plenty of supply. Do they really need YOUR blood?

BY THE NUMBERS

An estimated 9 out of 10 people will receive a blood transfusion by the time they reach age 70, but only about 10% of eligible people will have ever donated blood. Here's the big kicker: only around 37% of people are eligible to donate in the first place. Blood donations are trickling in while the supply is pouring out.



ONCE A YEAR

This life-sustaining red liquid is in dangerously short supply, and cannot be artificially produced, which is why we need you! If everyone who is eligible committed to donate once a year, there would be more than enough supply. Do your 'once-a-year' part!

BE PREPARED

Before you donate:

- Make sure you're well fed and hydrated.
- Plan ahead! You won't be able to perform physical labor or operate heavy machinery after donating.



After you donate:

- Have a snack right after and be sure not to skimp on your next meal.
- Have 4 glasses of water shortly after donating.
- Keep your bandage on and dry for 4 hours.
- If you feel lightheaded or dizzy, stop what you are doing, lay down, and put your feet up until you feel better!

OUR WORLD. OUR RESPONSIBILITY.



So, while *donate blood and save a life* is accurate, it doesn't quite speak to the urgency of the matter. At Work Right, we make giving back a priority. No action is too small. And even the small action of giving blood annually can make the world a better place.

WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

