

# Height and Weight Requirements



Height and weight requirements\* for 16-23 year old blood donors...

## MALE:

HEIGHT	MINIMUM WEIGHT
4'10"	118 lbs.
4'11"	114 lbs.
5' or taller	110 lbs.

## FEMALE OR ANOTHER GENDER:

HEIGHT	MINIMUM WEIGHT
4'7" and shorter	157 lbs.
4'8"	153 lbs.
4'9"	149 lbs.
4'10"	146 lbs.
4'11"	142 lbs.
5'	138 lbs.
5'1"	133 lbs.
5'2"	129 lbs.
5'3"	124 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 the Food and Drug Administration. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact ARUP Blood Services at 801-584-5272 to verify eligibility.

**ARUP** BLOOD SERVICES  
 (801)584-5272 | [www.utahblood.org](http://www.utahblood.org)