

## Blood and the Blood Bank

Blood is the liquid that supports our life, that allows us to live, to breath, to move, to eat, to walk..., and yet, most 'blood owners' actually know very little about this life-giving substance.

What IS your blood – your blood group, and what does blood do for you??

These are some of the questions that this workshop will answer, in order to make the participants aware of their blood and on how blood keeps its owner healthy, as long as its carrier treats her/his blood with some 'respect'.

Blood transfusions can save lives – they can also save *Your Life!*

Therefore, it is important for every man and woman to understand the importance of considering to donate some of his/her from time to time. This workshop also explains the guidelines for giving blood, and the safety procedures that the blood bank conducts to assure your health – both as donor and recipient.

This 'bloody' workshop is intended to provide basic knowledge about blood and its life-supporting importance, as well as about the work of and in the blood bank in a style that can be understood by every man and woman who will participate.

The workshop outline is as follows:

1. What is blood – some 'bloody' facts and figures?
2. What is blood good for?
3. What are the functions of blood and its individual components?
4. The basic types of blood – the ABO system.
5. The Rhesus system of blood.
6. Who needs blood, when, for what?
7. Who can give blood?
8. How do you give blood?
9. The Blood Bank – what does it do to keep you safe and healthy?
10. What are the risks when giving blood?
11. What are the benefits when giving blood?
12. What are the risks when receiving blood?
13. What are the benefits when receiving blood?