

## MINIMUM WEIGHT REQUIREMENT BASED ON HEIGHT

You cannot give plasma if you weigh less than 50 kg (110 lb), regardless of your height. Refer to the charts below for the minimum weight requirement for your height.

### WOMEN

METRIC UNITS		IMPERIAL UNITS	
147 cm	67 kg	4 ft 9 in	150 lb
148 cm	66 kg		
149 cm	65 kg	4 ft 10 in	146 lb
150 cm	64 kg		
151 cm	64 kg	4 ft 11 in	142 lb
152 cm	63 kg		
153 cm	62 kg	5 ft	138 lb
154 cm	61 kg		
155 cm	61 kg	5 ft 1 in	133 lb
156 cm	60 kg		
157 cm	59 kg	5 ft 2 in	129 lb
158 cm	58 kg		
159 cm	57 kg	5 ft 3 in	124 lb
160 cm	57 kg		
161 cm	56 kg	5 ft 4 in	120 lb
162 cm	55 kg		
163 cm	54 kg	5 ft 5 in	115 lb
164 cm	53 kg		
165 cm	52 kg	5 ft 6 in or more	110 lb
166 cm	52 kg		
167 cm	51 kg		
168 cm or more	50 kg		

**Ineligible to donate**  
if less than 50 kg,  
regardless of height

**Ineligible to donate**  
if less than 110 lb,  
regardless of height

### MEN

METRIC UNITS		IMPERIAL UNITS	
147 cm	54 kg	4 ft 9 in	123 lb
148 cm	54 kg		
149 cm	53 kg	4 ft 10 in	118 lb
150 cm	52 kg		
151 cm	51 kg	4 ft 11 in	114 lb
152 cm or more	50 kg		
		5 ft or more	110 lb

**Ineligible to donate**  
if less than 50 kg,  
regardless of height

**Ineligible to donate**  
if less than 110 lb,  
regardless of height

### EXAMPLES



#### WOMEN

**Metric units:**  
If you are 168 cm tall or more, you must weigh at least 50 kg.

**Imperial units:**  
If you are 5 ft 6 in tall or more, you must weigh at least 110 lb.



#### MEN

**Metric units:**  
If you are 152 cm tall or more, you must weigh at least 50 kg.

**Imperial units:**  
If you are 5 ft tall or more, you must weigh at least 110 lb.