

Change Notification for the UK Blood and Tissue Services

Notification date 30 June 2026
Effective date 11 August 2026
Implementation To be determined by each Service

CN 19-2026

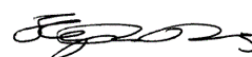
Donation prior to hazardous activities

Content changed	Type of change	Guidelines affected
1 Hazardous activity	Updated entry	Whole blood



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Chair, Standing Advisory Committee on Care and Selection of Donors (SACCSD)



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Note: this document indicates inserted and ~~deleted~~ text. This formatting will not apply in the published text.

1. Hazardous activity

Guidelines affected	Reason for change
Whole blood	Clarification that donors should follow regulations and/or expert recommendations if these apply to a specific activity.

Essential information

Definition/s	A hazardous activity is an activity that may put either the donor or others at high risk of serious injury or death if the donor were to suffer a delayed faint following donation. Such events are uncommon but not unknown. This is, of necessity, a risk reduction exercise rather than an elimination of risk. As an example, the consequences of a driver losing control of a large goods vehicle is likely to be worse than if they were at the controls of a car or light van. Some occupations have a requirement not to return to duty until a defined period of time has passed. For others, it is sensible to recommend a night's rest before undertaking something that may be considered a hazardous activity.
Obligatory	Must not donate if: Required to undertake a hazardous activity, following donation, on the same working day. Donors must be advised of the risks of delayed faints and advised not to perform a hazardous occupation or hobby on the same day.
Discretionary	Hazardous occupation: If going off duty, accept. Exposure to hazardous material: If the donor is well and has not been exposed by inoculation or mucous membrane exposure to potentially infective biological material, accept.

Supporting information

See if relevant	• Air crew and air traffic controllers • Healthcare worker • Non-consented exposure to human body fluids
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Additional information

It is not possible to eliminate all risks associated with a donor becoming unwell after giving blood. Nevertheless, by avoiding donation on the same day as a potentially hazardous activity, risk can be reduced. As an example, the consequences of a driver losing control of a large goods vehicle is likely to be worse than if they were at the controls of a car or light van. Some occupations have a requirement not to return to duty until a defined period has passed. For others, it may be sensible to recommend a night's rest before undertaking something that may be considered a hazardous activity.

The Donor Selection Guidelines cannot cover regulations and guidelines for every activity. Some governing bodies may specify a longer period before individuals should carry out a particular activity after blood donation. Donors should consult and follow regulations or expert recommendations associated with the specific activity where these apply.

Examples of hazardous activities include, but are not limited to, climbing, diving (all types), flying, motor sport, and parachuting.

Examples of hazardous occupations include, but are not limited to, air traffic controller, climbing ladders or scaffolding, crane or heavy machine operator, diver, emergency response vehicle driver, fire crew, flying, large goods vehicle driver (LGV, HGV over 7.5 tonnes maximum authorised mass), miner working underground, public service vehicle driver (excluding vehicles with fewer ~~less~~ than 8 passenger seats) and train driver.

The suggested driving restrictions would not normally apply to drivers restricted to a category B or C1 licence.

Many occupations expose individuals to hazardous materials. In some cases, this may require statutory monitoring (e.g. exposure to certain types of radiation or to high levels of lead). Provided the individual is well, and they have not been directly exposed by inoculation or mucous membrane exposure to potentially infective biological material, they should be accepted.