

GIVE BLOOD

Muscle tensing exercises help maintain your blood pressure and can prevent you from feeling lightheaded. Follow these simple exercises before the needle goes in, before it comes out, before getting up, or any time you feel unwell.

For a full video guide, go to www.scotblood.co.uk

WHILE YOU GIVE BLOOD . KEEP IN MIND .

1

Cross your right calf over your left calf.

2a

Squeeze your thighs together.

2b

Tense your stomach.

2c

Point your toes back towards you.

