

A close-up photograph of a person's left arm, wearing a red t-shirt and blue jeans. A white adhesive bandage with a red heart in the center is wrapped around the forearm. The background is a plain, light-colored wall.

Donate Blood and Receive Paid-Time-Off Hours!

All ARUP employees who donate blood or platelets off the clock can earn paid-time-off (PTO) hours.

Here's what you need to know:

- Earn two PTO hours for donating whole blood.
- Earn four PTO hours for donating platelets.
- The PTO is applied to the month following your donation.
- Hourly, part-time, and seven-on/seven-off employees must take PTO in small increments (e.g., one hour). Full-time employees must use PTO in full-day increments.
- The maximum amount of PTO that can be accrued by giving blood is 16 hours/year, and PTO cannot be cashed out.
- PTO is awarded only for blood/platelet donations by employees, not for donations made by spouses or dependents.

Scenarios:

- You work a seven-on/seven-off schedule, and you choose to donate platelets on your week off. The next month, you receive four PTO hours. Two months later, you choose to use 90 minutes of PTO to attend your child's school play.
- You are a full-time, salaried employee, and you choose to donate blood on a Saturday. The next month, you receive two PTO hours. After donating several times over the next six months, you have accrued eight hours of PTO and choose to take a day off.

To earn PTO, fill out a donation form at the donor center when you arrive for your appointment or visit ARUP Blood Services' website at utahblood.org to print out a form.

NOTE: You can still donate on the clock with your supervisor's approval; however, on-the-clock donations are not eligible for PTO.