



MATRIX

BLOOD DRIVE PROGRAM



**DONATE
BLOOD+**

The Purpose...

Aligns with DHL Group:

- Sustainability / ESG Roadmap - supports the “S” Social pillar and Corporate Citizenship efforts
- Supports our Go Help programs to provide humanitarian assistance
- Our company purpose - *Connecting People. Improving Lives.*

Everybody Wins:

- Patients can receive urgently needed lifesaving blood
- Builds goodwill and improves team spirit by helping others
- bringing volunteers and donors together for a good cause



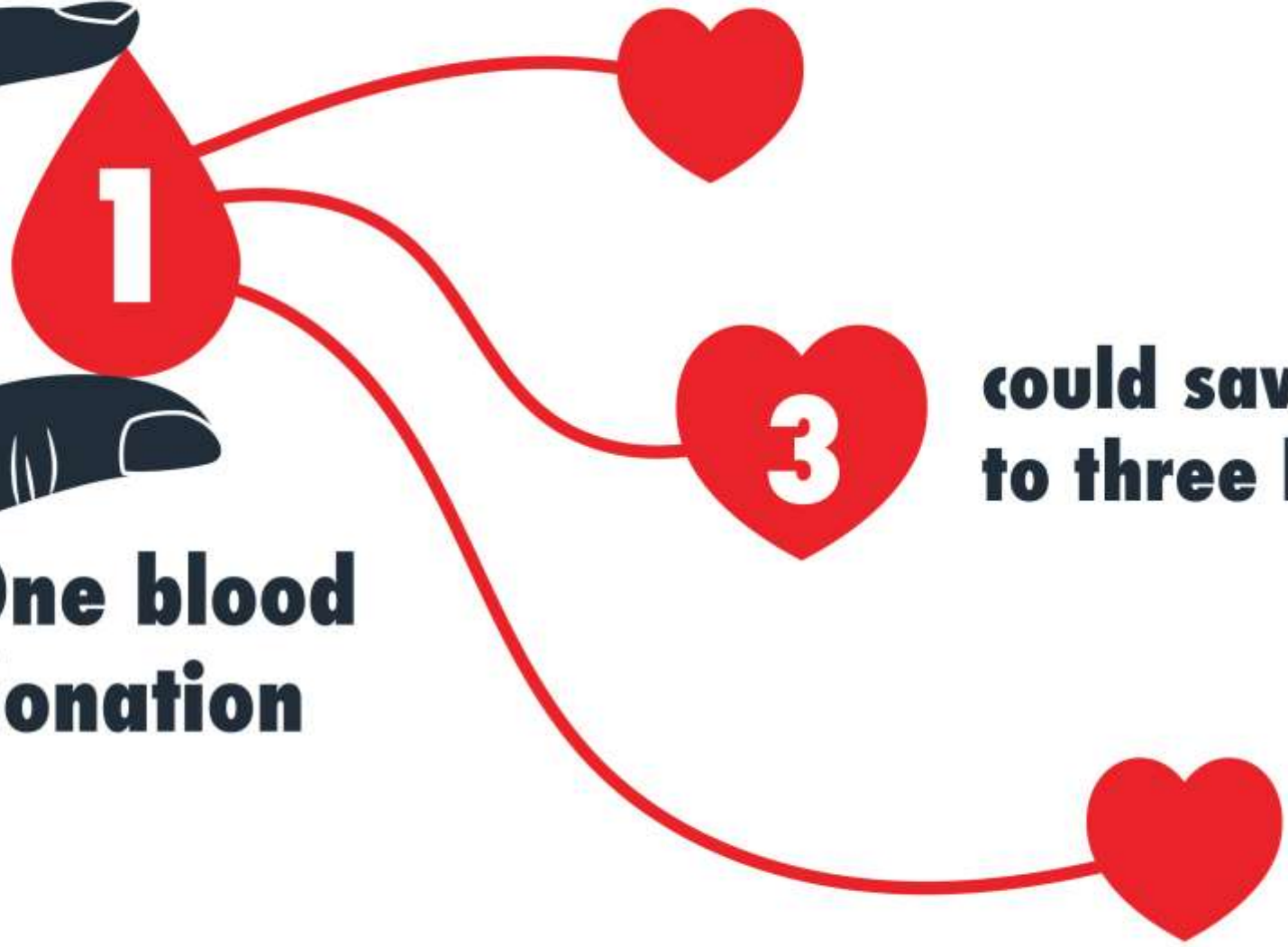
#OWNTOMORROW



DID YOU KNOW?



**One blood
donation**



**could save up
to three lives**

WHY DONATE BLOOD?



Canadian Blood Services
it's in you to give

A single blood donation can make a lifesaving difference to someone in need, but it can often take more than one donor to save a life.

As a *Partners for Life* organization, **Matrix** employees will have a direct impact on patients in Canada and the families who love them.

Reason to join
Canada's Lifeline **001**

Every 60 seconds,
someone in Canada
needs blood.



John,
Blood recipient,
is a Partners for Life partner





WHEN & WHERE

Date

Location

October 26, Thursday

Brampton Plasma Centre, 8255
Financial Dr, Brampton

October 26, Thursday

Mississauga Blood Centre, 765
Britannia Rd, Mississauga



To join the team:



- 1** Sign in or create an account by visiting blood.ca/PFL or use the **GiveBlood app**.
- 2** Select 'Partners' from the menu, then 'Join an existing team'
- 3** Search for: **Matrix Logistics Services Mississauga**
- 4** For help booking or for more information, contact Mehar at mehar.chaudhary@dhl.com

Information & Guidelines

1. For most people, **no downtime is required after donating**. In rare cases, an employee may have an adverse reaction to the blood draw (lightheaded etc.) and for medical reasons may require additional down time. If an employee must go home, it would be treated as an **excused, unpaid absence**.
2. CBS places no limits on operating heavy machinery or driving if an employee does not feel faint and has fully recovered / been released by the CBS medical staff.
3. Employees should register for a Blood Drive scheduled **during their normal shift** or employees can **choose to use their personal (paid maximum 2 hours)** time to sign up for a blood drive that occurs outside of their normal work shift.



On blood donation day:



- ✓ Make sure they drink lots of water; eat a healthy meal and get a good night's sleep.
- ✓ Have a salty snack and 500 mL of water just before they donate.
- ✓ Make sure to bring valid ID
 - Donated before? Please bring blood donor card.
 - First-time donating / can't find donor card? Bring government-issued ID with full name and date-of-birth.
- ✓ Do a quick eligibility check before coming in. Take the [quiz!](#)



Sleep Well



Am I eligible
to donate blood?



After you donate

- Continue to drink plenty of fluids (water / juice) and avoid alcoholic beverages the rest of your day.
- When you get home, remove the bandage and wash the donation area with soap and water to prevent a rash.
- You should avoid strenuous activity for six to eight hours and heavy lifting for 24 hours after giving blood.
- If you feel faint and you are driving, pull over. Resume driving only when you have fully recovered or call for help.

Attempt to schedule blood drives near the end of a shift as needed to accommodate CBS recommendations.



Thank you for your support!

Questions? Please contact your HR team