

Donate Blood and Receive Paid Time Off Hours!

All ARUP employees who donate blood or platelets from January 1, 2025, to December 31, 2025, can earn up to 24 hours of paid time off (PTO).

Here's what you need to know:

- You can earn two PTO hours for donating whole blood.
- You can earn four PTO hours for donating platelets.
- To qualify for PTO, donations must be made off the clock, or outside normal working hours for salaried employees.
- The PTO is applied to the month following your donation.
- Hourly, part-time, and seven-on/seven-off employees can take PTO in small increments (e.g., one hour). Salaried employees must use PTO in full-day increments.
- The maximum amount of PTO that can be accrued by giving blood is 24 hours/year. Blood donation PTO will be capped at 24 hours and any hours earned in 2025 will expire on December 31, 2025.
- PTO is only awarded to employees for blood and platelet donations; it is not awarded for donations made by spouses or dependents.

To earn PTO, fill out a donation form at the donor center when you arrive for your appointment.

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

