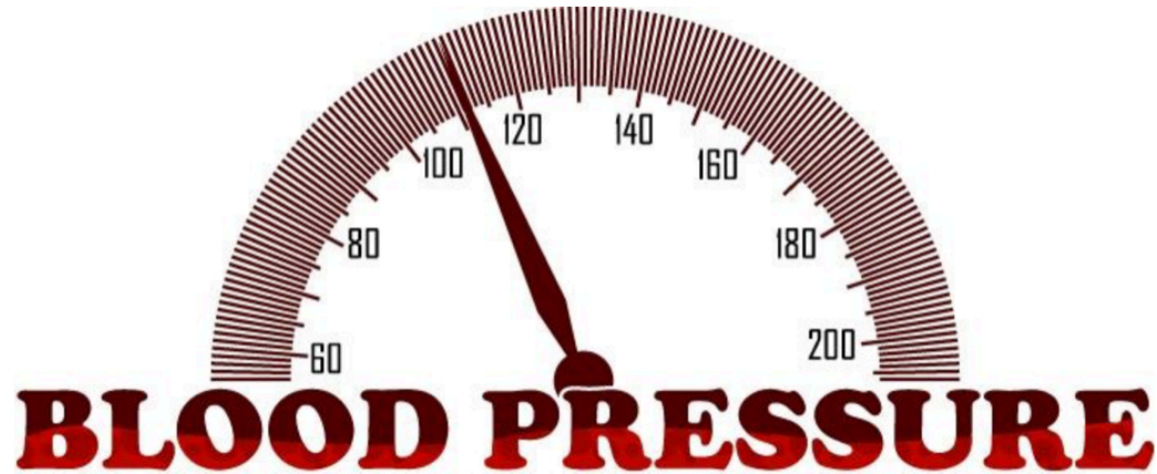


# How much blood can you lose and still survive?



## 1. Calculate Your Blood volume using Nadler's Equation:

$$\text{Man: } V = 0.3669 \times h^3 + 0.03219 \times w + 0.6041 \quad \text{L}$$

$$\text{Woman: } V = 0.3561 \times h^3 + 0.03308 \times w + 0.1833 \quad \text{L}$$

h: Body height, in meters

w: Body weight, in kilograms

V: Body Total Blood Volume, in liters

## 2. Calculate the maximum volume of blood you can lose without threatening your life.

According to the American College of Surgeons a Class 2 hemorrhage is a loss of 15 to 30 percent of blood volume. Your body will be cool and pale with fast heart beat, but you will survive.