



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

*Modified for USA units

$$\text{Man: } V = (0.059 \times h)^3 + 0.494 \times w + 20.419 \quad \text{US fl oz}$$

$$\text{Woman: } V = (0.058 \times h)^3 + 0.058 \times w + 6.196 \quad \text{US fl oz}$$

h: Body height, in inches in

w: Body weight, in pounds lb

V: Body Total Blood Volume, in US fl oz (1 US pint = 16 US fl oz)

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.