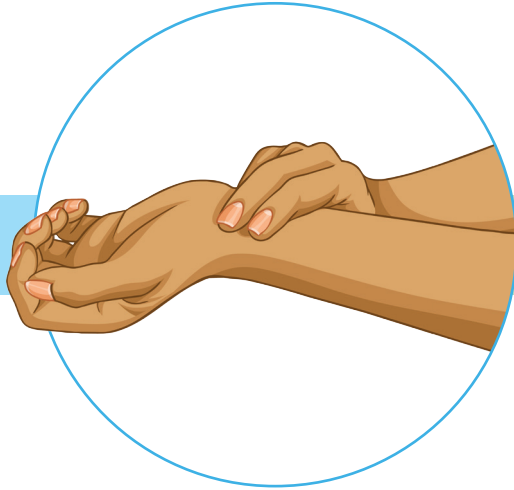


How to Take Your Pulse

Try to find your pulse in the following two places:

- radial pulse – in the wrist;
- carotid pulse – in the neck.



Checking Your Radial Pulse

1. Turn one hand over, so your palm is facing upwards.
2. Using your other hand place the first and second fingertips gently in the groove and on the arteries, down from the base of the thumb.
3. When you have found the correct position, you should feel your heartbeat.

Checking Your Carotid Pulse

1. Your pulse can also be found in your neck using your fingers in a similar way.
2. Gently press into one of the soft grooves on either side of the windpipe – the tube down the centre of your neck.
3. When you have found the correct position, you should feel your heartbeat.

Once you have found your pulse in either of these positions get someone to time 15 seconds.

Then you can work out your pulse over one minute using the equation below:

$$\times 4 =$$

your score

Your pulse over 1 minute



P.E.

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