



# Pulse Taking

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## Where to find your pulse:



### 1. Wrist - below the base of the thumb

- Place 2 to 3 fingers on your wrist below the base of your thumb
- Apply light pressure until you feel a heartbeat



### 2. Neck below the angle of the jaw

- Gently place 2 to 3 fingers on the side of your neck (beside the groove under your jaw) in the hollow area and press lightly until you feel your heartbeat.

## How to count your pulse:

- You will need something to time yourself counting. Use a stopwatch or a second hand on your watch
- Count the number of beats you feel while you time yourself for 10 seconds. Multiply this number by 6 to get your heart rate in beats per minute (bpm).

## When to take your pulse:

- Before you exercise (at rest)
- Immediately at the end of your exercise (before you cool down)