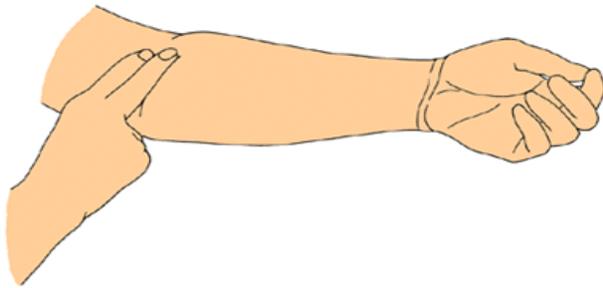
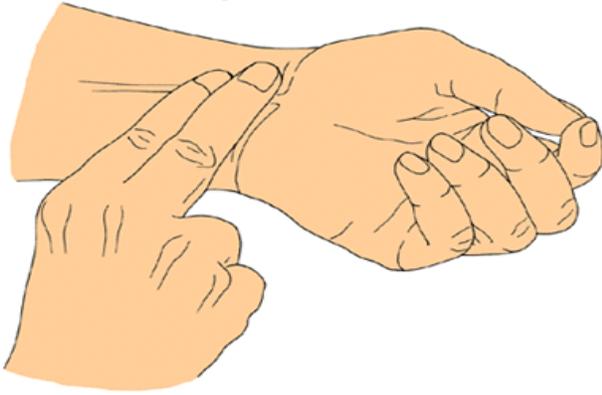


CHECKING YOUR PULSE

Taking Your Own Pulse



close together.

1. Turn your left hand palm-side up, then place the first two fingers of your right hand along the outer edge of your wrist below where your wrist and thumb meet.
2. Slide your fingers toward the center of your wrist. You should feel the pulse between the wrist bone and the tendon.
3. Press down with your fingers until you feel your pulse. Do not press too hard or you will not be able to feel the pulsation. Feel free to move your fingers until the pulse is easiest to feel.
4. Continue to feel your pulse for one minute and count the beats. Concentrate on whether the beats are evenly spaced or whether they are erratic, with missed beats, extra beats or beats that are too

5. If you cannot find the pulse at your wrist, try to find it on your other wrist, or at the inside of your elbow.