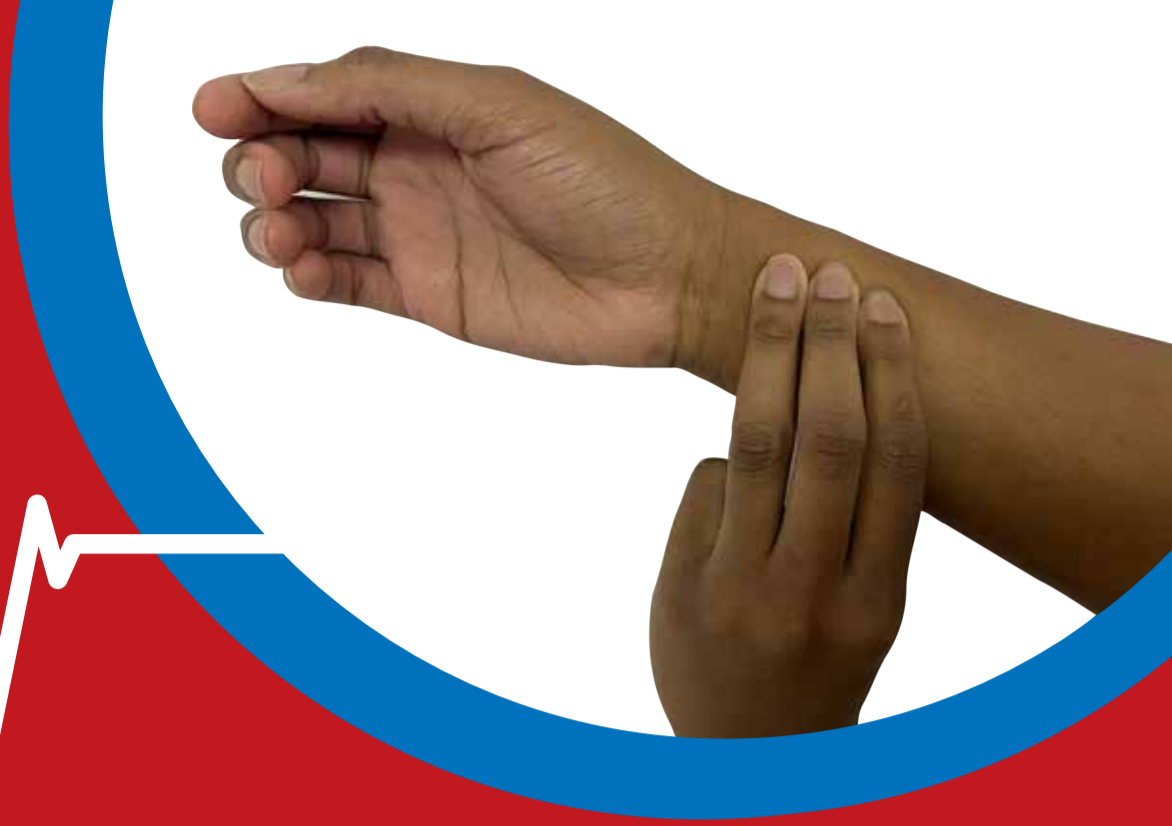


Know Your Pulse



to Know Your Heart Rhythm **IN 4 STEPS**

It Could Save Your Life

1

Sit down for five minutes. Avoid consuming stimulants like caffeine or nicotine and grab a timer

2

Hold your hand out with your palm up while bending your elbow slightly

3

Place three fingers between the edge of your wrist and tendon

4

Count your pulse for 30 seconds and multiply by two to get your heart rate and BPM (beats per minute)

If your heart rhythm (pulse) is irregular, repeat for 60 seconds and do not multiply

If your pulse was irregular over 120 BPM, you should consult your doctor

If your heart's not ticking like a clock, call the doc!



KnowYourPulse.org