**How to find your pulse!**

**Finding your pulse**

The easiest place to find your pulse is:

**Your wrist**

1. Put one of your hands out so you’re looking at your palm.
2. Use the first finger (your index finger) and middle finger of your other hand and place the pads of these fingers on the inside of your wrist, at the base of your thumb.
3. Press lightly and feel the pulse. If you can’t feel anything press slightly harder (do not press too hard – just enough that you can feel your pulse).

**How to check your pulse**



Once you’ve found your pulse, continue to feel it for about 30 seconds. Check to see if it feels regular or irregular. You can work out your heart rate in beats per minute (bpm) by:

* Xounting the number of beats in your pulse after 60 seconds, or
* Counting the beats for 6 seconds and multiplying by 10.