

Heart Rate

Heart Rate or Pulse - The pressure of blood on the artery wall due to heartbeat. Take pulse at Carotid Artery (neck) or wrist.

On Neck- place first and second fingers on side of jaw.

On Wrist - place 3 inside fingers on thumb side of wrist with palm facing up. Average Heart Rate is 70 beats per minute.

Count for 60 seconds, or for 6 seconds x 10, or 10 seconds x 6.

