

# TAKE THE PULSE CHECK CHALLENGE

KNOW THE RHYTHM OF YOUR HEART – MANUAL OR MOBILE

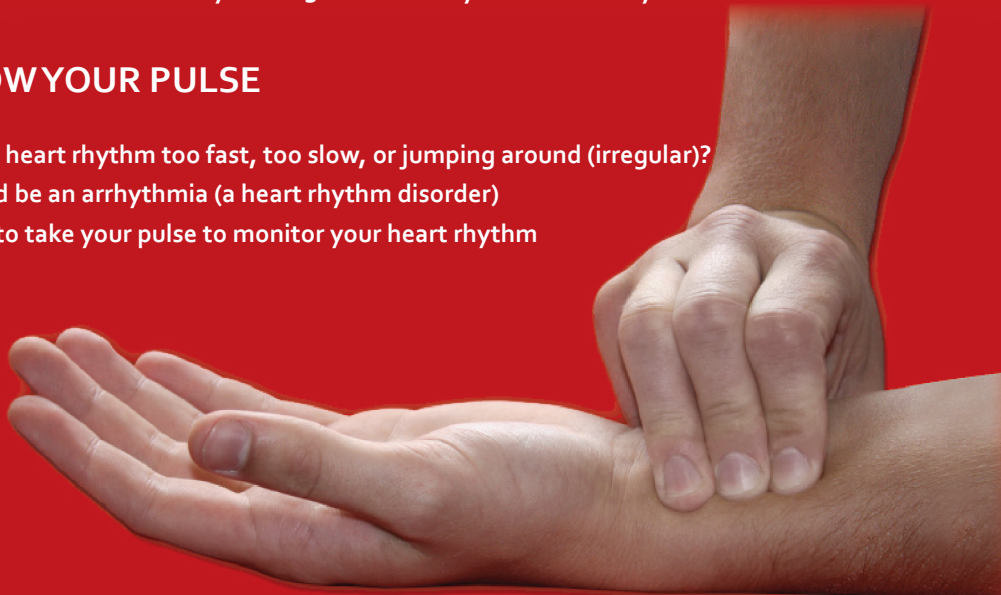
It only takes 30 seconds – yet could save your life!

## KNOW YOUR PULSE

Is your heart rhythm too fast, too slow, or jumping around (irregular)?

It could be an arrhythmia (a heart rhythm disorder)

Learn to take your pulse to monitor your heart rhythm



## KNOW YOUR ECG

Monitor your heart rhythm  
with a mobile ECG device

It records your heart rhythm and  
confirms if normal, AF suspected or  
if you should discuss the results with  
your doctor

For more information contact:  
[info@heartrhythmalliance.org](mailto:info@heartrhythmalliance.org)



# Your Pulse in four steps

1

To assess your **resting** pulse rate in your wrist, sit down for **5 minutes** beforehand. Remember that any stimulants taken before the reading will affect the rate (such as caffeine or nicotine). You will need a watch or clock with a second hand.



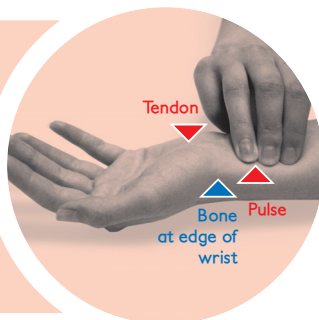
2

Take off your watch and hold your left or right hand out with your palm facing up and your elbow slightly bent.



3

With your other hand, place your index and middle fingers on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb (as shown in the image). You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse.



4

Count for **30 seconds**, and multiply by 2 to get your heart rate in beats per minute.

If your heart rhythm is irregular, you should count for **1 minute** and do not multiply.



## Record your pulse here

Day	Result		Activity (e.g after a run)
	am	pm	
1			
2			
3			
4			
5			
6			
7			