

How do I check my pulse?

Finding your pulse

You can find your pulse in your wrist or neck.

To find your pulse in your wrist:



- Hold out one of your hands, with your palm facing upwards
- Press the first (index) finger and middle finger of your other hand on the inside of your wrist, at the base of your thumb – don't use your thumb as it has its own pulse
- Press your skin lightly until you can feel your pulse – if you can't find it, try pressing a little harder or move your fingers around slightly.

To find your pulse in your neck:

- Press your first finger and middle finger to the side of your neck, just under your jaw and beside your windpipe – don't use your thumb
- Press your skin lightly to feel your pulse – if you can't find it, try pressing a bit harder or move your fingers around

Checking your pulse

Have clock face with the second hand in front of you to time your heart rate, or use a stop watch instead.

When you find your pulse, either:

- count the number of beats you feel for 60 seconds
- count the number for 30 seconds and multiply by 2

This gives you your heart rate – the number of times your heart beats per minute (bpm).

For a video guide please watch [this](#) video