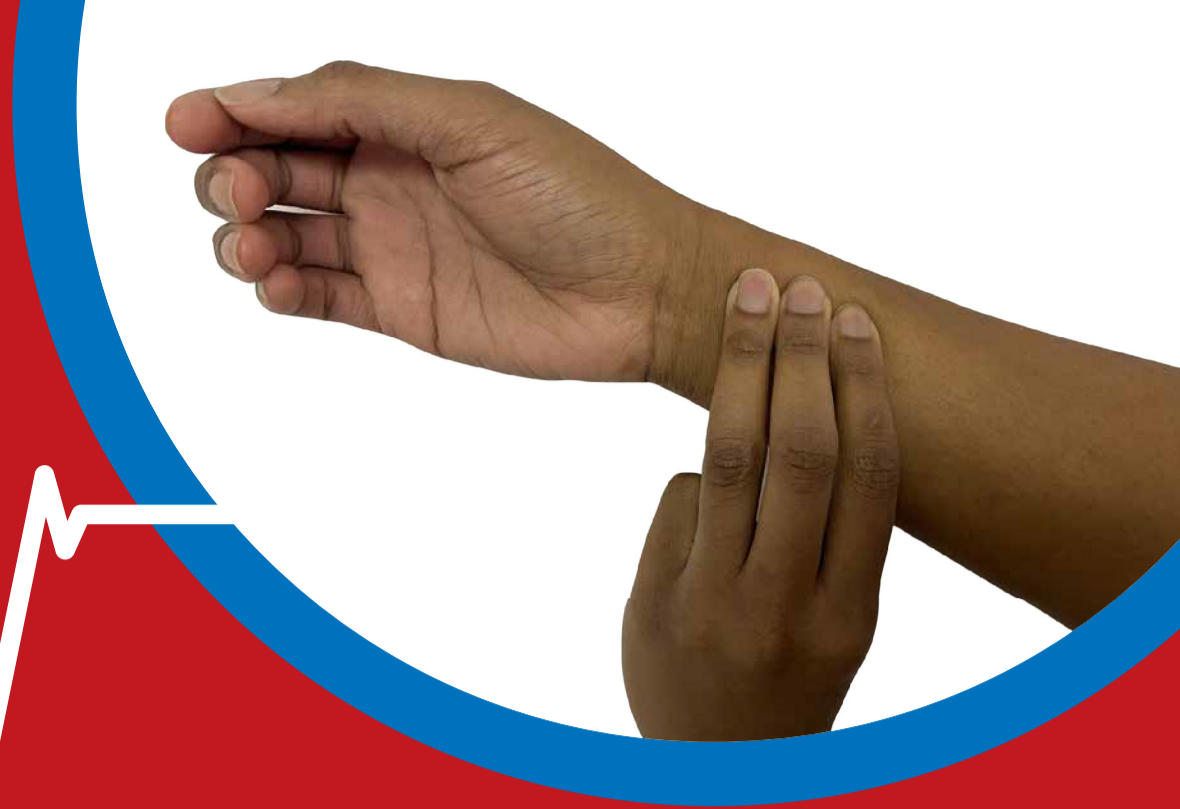


# Know Your Pulse



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 or over 120 BPM, you should consult your doctor*

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



**STARS**  
Syncope Trust And Reflex anoxic Seizures

**AA**  
Arrhythmia Alliance

**AFA**  
AF Association

[www.hearhythmalliance.org](http://www.hearhythmalliance.org)

[www.knowyourpulse-us.org](http://www.knowyourpulse-us.org)