

# 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 such as 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 over 120 BPM, you should consult your doctor*

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



STARS



AFA

Arrhythmia Alliance AF Association  
[www.hearthythmalliance.org](http://www.hearthythmalliance.org)

**KnowYourPulse.org**