

Step-by-Step: Taking Your Pulse at Your Wrist

Taking Your Pulse at Your Wrist. Press your middle and index fingers to the inside of your other wrist, under the thumb.

Feel around until you find your heartbeat. Set a timer for 30 seconds. Count the number of times your heart beats during this time.

Multiply the number of beats you counted by two and record this number. This number is your pulse.

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