Pulse

The pulse is the heart rate, or the number of times the heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise
(because more oxygen-rich blood is needed by the body when you exercise).

What is a normal pulse?

Age Group	Normal Heart Rate at Rest
Children (ages 6-15)	70-100 beats per minute
Adults (age 18 and over)	60-100 beats per minute

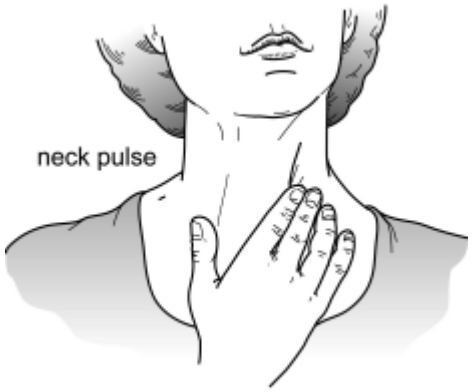
How to take the pulse

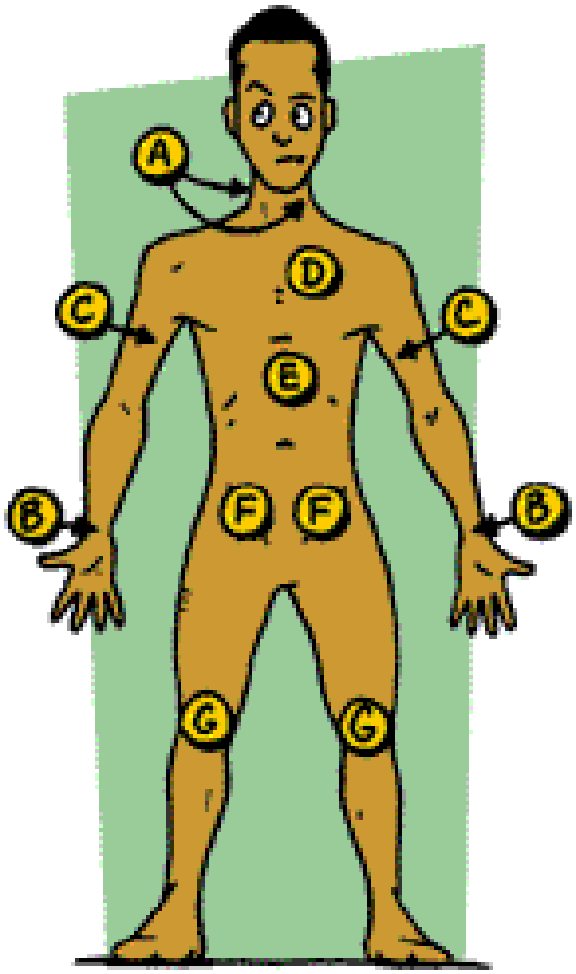
1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe.

2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.

3. Use a watch with a second hand, or look at a clock with a second hand.

4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute.





a. carotid arteries (located on your neck)
b. radial arteries (on your wrists)
c. brachial arteries (on your arms)
d. aortic arch (by your heart)
e. abdominal aorta (near your stomach)
f. femoral arteries (on your thighs)
g. popliteal arteries (near your knees)