

# 4. Blood Pressure

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## TOP TIPS

- Sit upright in a chair, your back against the chair and feet flat on the floor
- Rest in a chair for 10 minutes before measuring your blood pressure.
- Don't talk during the measurement and try to relax
- The machine will show 2 numbers (e.g. 120 and 80) please record both of these numbers on your sheet



## Step 1:

Plug the black cuff into the white blood pressure monitor



## Step 2:

Remove any clothing from your upper arm and place your arm through the cuff with the wire at the bottom



## Step 3:

Place the cuff just above the elbow and tighten, you should be able to fit a finger between the cuff and your arm



## Step 4:

Press the START/STOP button to begin the measurement. Be still, do not talk and relax throughout the test.



## Step 5:

Repeat this measurement **3 times**, with one-minute rest in between measurements.