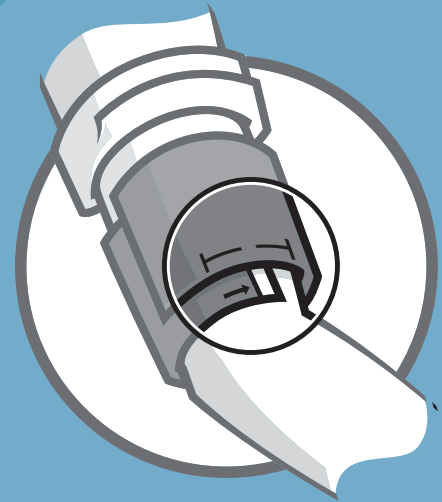


# TIPS FOR TAKING ACCURATE BLOOD PRESSURE READINGS

F R O M W E L C H A L L Y N



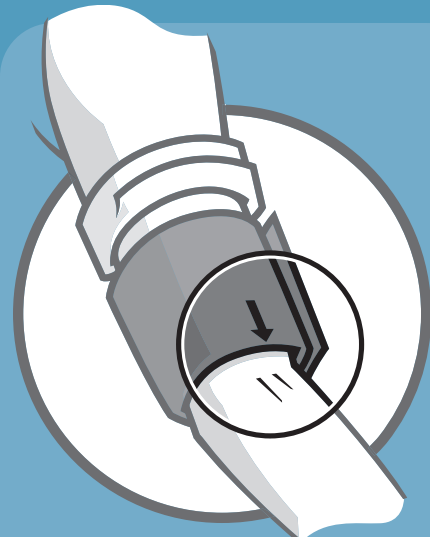
(Use Range Indicator)

Use the proper size cuff; if two cuffs fit, use the larger one



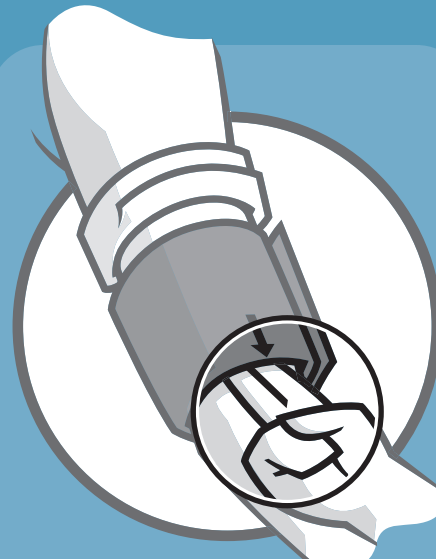
(Roll Sleeve)

Place the cuff on a bare arm



(Align with Brachial Artery)

Place the artery marker over the brachial artery



(Just Two Fingers)

Apply the cuff snugly, allowing room for no more than two fingers



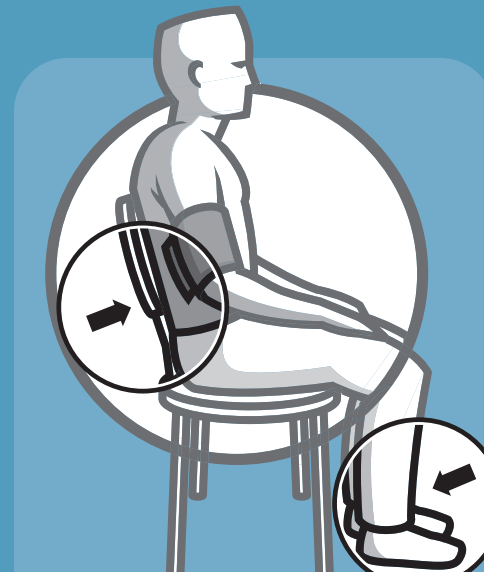
(Do Not Move)

Once the cuff is placed, allow the patient to sit quietly for a few minutes



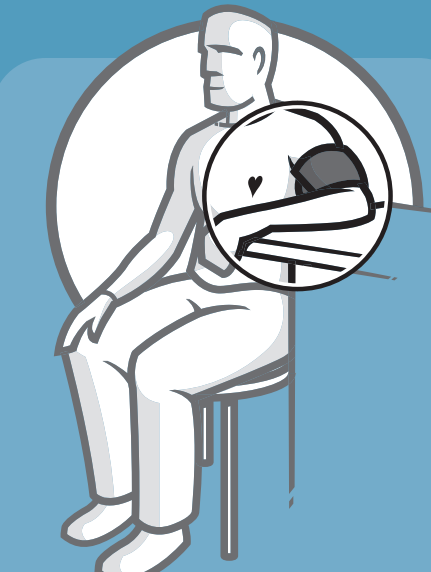
(Shhhh)

Do not talk to the patient while taking the BP



(Support Back—Legs Uncrossed)

Support the patient's back and feet during measurement; keep legs uncrossed



(Arm at Heart Level)

Keep the upper arm at heart level and passively support the lower arm



Keep the arm still during the measurement cycle

IF THE ACCURACY OF A BLOOD PRESSURE MEASUREMENT IS IN QUESTION, VERIFY THE ACCURACY USING THE AUSCULTATORY METHOD WITH A CALIBRATED MANUAL INSTRUMENT