

Instructions:

To begin blood pressure measurement, use a properly sized blood pressure cuff. The length of the cuff's bladder should be at least equal to 80% of the circumference of the upper arm.

Wrap the cuff around the upper arm with the cuff's lower edge one inch above the antecubital fossa.

Lightly press the stethoscope's bell over the brachial artery just below the cuff's edge. Some health care workers have difficulty using the bell in the antecubital fossa, so we suggest using the bell or the diaphragm to measure the blood pressure.

Rapidly inflate the cuff to 180mmHg. Release air from the cuff at a moderate rate (3mm/sec).

Listen with the stethoscope and simultaneously observe the dial or mercury gauge. The first knocking sound (Korotkoff) is the subject's systolic pressure. When the knocking sound disappears, that is the diastolic pressure (such as 120/80).