

Using the blood pressure monitor.

Please note, we're using this to investigate our bodies, not as a medical check! If you have any concerns about your blood pressure, talk to a grown up.

How to use the blood pressure monitor.

1. Ask someone to help you put the monitor on your wrist and attach the velcro so it is comfortable.
2. Lay your arm on the table with your palm up and the screen of the monitor facing up.
3. Relax.
4. Press the on button and wait.
5. The monitor will whirr, then it will tighten around your wrist.
6. Numbers will appear on the screen.
7. Wait for the numbers to stop changing.

What do the numbers mean?

The top number - labelled SYS. - is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.)

The middle number - labelled DIA. - is your diastolic blood pressure. (The lowest pressure when your heart relaxes between beats.)

The bottom number - labelled Pulse - is how many times your heart beats in a minute.

Write down your numbers here:

SYS. _____

DIA. _____

Pulse _____

Get an adult to take their blood pressure too and write their numbers below:

SYS. _____

DIA. _____

Pulse _____

Who has the lowest numbers? Child or adult? _____

Perhaps you could ask some other people what readings they got.

Can you see a pattern emerging? Do younger people tend to have higher or lower blood pressure?

Can you think of any reason why this would happen?

Can you take your pulse yourself? Do you get the same reading as the machine did?