Hints for taking your radial pulse
The radial artery is located on the thumb side of the wrist. To take your radial pulse, follow three steps:

1. Sit down and relax for five minutes before taking a resting pulse.
2. Gently place your second, third and fourth fingers over the radial artery (on the thumb side of your hand) to feel a pulsation in your wrist. Never use your thumb to feel a pulse; it has a pulse of its own.
3. After locating the beat, count the number of beats for fifteen seconds and then multiply it by four. This will give you your pulse rate per minute.

Hints for taking your carotid pulse
1. Your carotid arteries supply your brain with blood, so when you are taking your pulse don’t press too hard or you may feel light headed.
2. Take your carotid pulse on either side of your neck. Use the tips of your index and middle fingers.
3. Locate the area on one side of your neck, near your windpipe.
4. Use enough pressure to feel your heart beat, but don’t press too hard in case you obstruct your blood flow.
5. Count how many times your heart beats in 15 seconds and multiply by four.