

Checking your blood pressure at work

If you can, don't take your reading just after eating, exercise or taking medication. Preferably, don't drink caffeine or smoke for 30 minutes before your reading, as these can temporarily raise blood pressure.

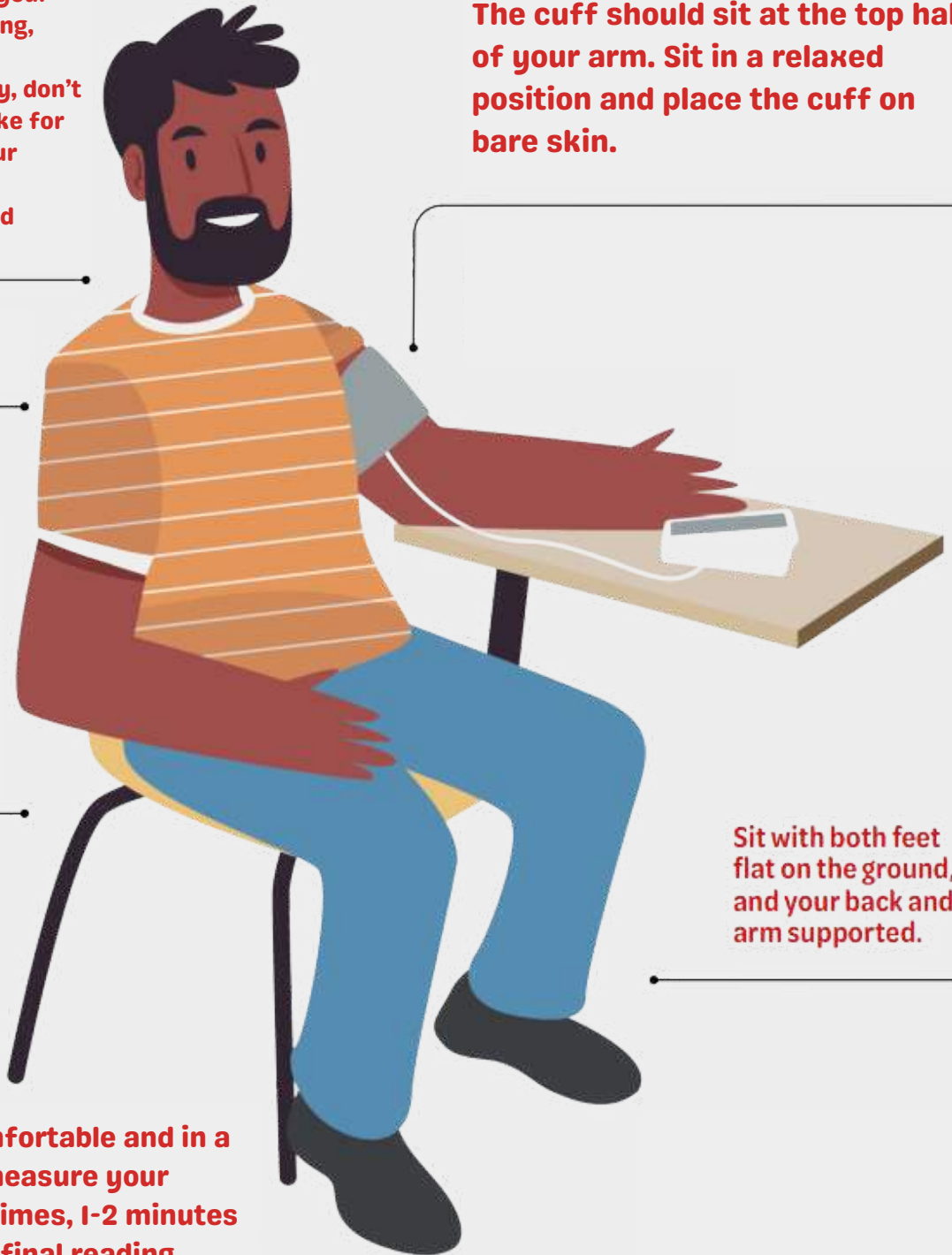
If you need the toilet, go first.

Sit quietly, be still and silent whilst the reading is being taken. Talking and movement can effect accuracy

The cuff should sit at the top half of your arm. Sit in a relaxed position and place the cuff on bare skin.

Sit with both feet flat on the ground, and your back and arm supported.

When you are comfortable and in a seated position, measure your blood pressure 3 times, 1-2 minutes apart and use the final reading.



Original by



Blood Pressure UK

Adapted by



Humber and North Yorkshire
Health and Care Partnership