The ABCD’s of Blood Pressure Measurement

**A**chieve a calm state
- Make sure you are quiet and relaxed
- Sit calmly without talking for about 5 minutes
- Make sure your reading isn’t affected by: caffeine, alcohol, exercise or smoking

**B**ody posture is important
- Sit in a chair with feet on the floor
- Legs should not be crossed
- Arm should be bare and should be supported at heart level

**C**alibrate & check equipment
- Use a properly calibrated and validated instrument
- Check the cuff size and fit

**D**ouble check any high readings
- If blood pressure registers high, take two readings 5 minutes apart
- Confirm any elevated readings in the opposite arm