

# BP Measurement Checklist

Measure blood pressure of all adults  $\geq 30$  years

**No talking during and between measurements**

**Back supported**

**Cuff at heart level**

**Arm supported**

**Use correct cuff size and positioning**

Small

Medium

Large

1. Use the correct cuff size such that the bladder encircles 80%–100% of the upper arm.

2. Cuff bladder width should be at least 40% of upper arm circumference.

3. Ensure cuff is on bare arm or over thin layer of clothing. Avoid bunching of clothes under cuff.

**Record exact reading, don't round off**

**Legs uncrossed and feet supported**

Ensure the person has not exercised, had tea/coffee, or used tobacco in the last 30 minutes  
Person should rest comfortably and quietly for 5 minutes before the reading