

BP Measurement Checklist

Measure blood pressure of all adults ≥ 30 years

No talking during and between measurements

Back supported

Cuff at heart level

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.

Arm supported

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