



TAKING A BLOOD PRESSURE

Taking blood pressure is a repetitive procedure that is usually done by bending over the resident, who may be in a chair or in bed. It is not the weight of the cuff and stethoscope that stresses the back but rather the **weight of the upper body** that is the stressor. If the resident is sitting for the blood pressure, use a **Tripod** position as shown above. If the resident is in bed, put your **knee up** on the bed to support your body weight. If the bed is high, consider lowering it so you can get a knee up and **leave it** in a low position for the next person. What ever you do, do not load up your back with your body weight.