



North County Fire Authority

Blood Pressure Screening Information Sheet

The North County Fire Authority is happy to provide blood pressure checks for its citizens. For dates, times and station location please contact the North County Fire Authority at 650-991-8138. Citizens are encouraged to have the blood pressure checked at least annually.

North County Firefighters will obtain blood pressures using a stethoscope and blood pressure cuff. Hypertension (high blood pressure) has been identified as one of the leading causes of heart attack and stroke. Many people are not aware of high blood pressure due to its subtle symptoms. High blood pressure **will not** be diagnosed by the firefighters. Only your doctor will be able to diagnose this condition. Firefighters will screen for potential high blood pressure but it is your responsibility to seek medical advice from your doctor. There are numerous reasons and treatments for high blood pressure. Your doctor will inform you of the proper course of treatment.

Your blood pressure is measured in two numbers, systolic and diastolic. The first number or **systolic pressure** is obtained when the heart contracts or beats. This reading indicates the arterial pressure in the artery during a contraction or heartbeat. Normal or average readings for an adult should be between the range of: **120-140mmhg for males and 110-140mmhg for females**. The second or bottom number is called **diastolic pressure**. This number reflects the arterial pressure in the artery during the relaxation phase of the heart. The normal or average readings should be below or at **90mmhg**.

Firefighters will inform you of the numbers obtained during the screening. **Only your doctor can diagnose high blood pressure.**

The firefighters will ask you to sign a release of liability. This is so they can take your blood pressure. At times, questions may arise as to the accuracy of blood pressure screenings. Examples include squeezing on the upper arm; readings will vary due to time of the day and the difference between left and right arms. Also, different positions at the time of the reading, standing, sitting, lying down. There may be many variables when obtaining blood pressures and pulse.

By signing this form I understand that I release from liability all those involved in the obtaining of my blood pressure and pulse; North County Fire Authority, North County Firefighters, and all those within.

Name: _____

Date: _____

Signature: _____