



Taking a Respiratory (or Breathing) rate:

A respiratory or breathing rate is the number of times you breathe in and out during 1 minute at rest.

Ideally it is better for someone else to do your breathing rate when you are not aware they are doing it (as even knowing someone is counting it can affect the result; however, this can obviously be tricky).

1. Ensure you have a stopwatch (usually found on a mobile phone or google) or a clock/watch with a second hand.
2. Place your hand on your or the person's chest (if you are finding it difficult to see when they are breathing in and out). Count the number of times the patient breathes in and out (inhale and exhale = one breath) in 30 seconds and then double this number to give you their respiratory rate.

A persons' respiratory rate is usually somewhere between 12-16 breaths a minute. If a person's respiratory rate is fewer than 12 or more than 20 (at rest) we would request that you to seek urgent medical review with us or 111.