

Instructions for Peak Flow

Definition: Peak Flow is a measurement of how fast you can blow out. It shows how healthy your lungs are.

To Use:

1. Have the participant standing to do this test.
2. You demonstrate how to do it and then ask the participant to take the test.
3. Slide the movable indicator down to the bottom of the scale.
4. Hold the meter with numbers parallel to the ground (tilted to the side).
5. Breathe in as deeply as possible. Place mouthpiece well into your mouth and seal your lips firmly around it.
6. Blow out as **HARD** and as **FAST** as you can.
7. Note the results. Push the movable indicator to starting position.
8. Do this test 2-3 times and take the highest reading.
9. If the line at your table is long, only do the test once per person.
10. Compare the peak flow with the chart below and inform the participant if their reading is normal or low. If it is low, give them a Peak Flow Results Form.

