



Peak Flow Meter Technique Checklist for Nurses

Student's Name: _____ School Year: _____

Key Steps in Peak Flow Meter Technique	Date of Evaluation	X = Good Technique ? = Needs Improvement			
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1. Move the indicator to '0'.					
2. Breathe out, complete exhalation.					
3. Take as deep a breath as possible.					
4. Close lips around the mouthpiece.					
5. Blow out hard and fast. No coughing or spitting!					
6. Write down the number.					
7. Repeat 2 times. Record the highest number on log.					
Initials of evaluator					