

Background Information

The Heart



The **heart** is a muscle about the size of your fist that acts like a pump. The heart pumps blood which carries oxygen to the rest of the body. It is located in the middle of the body's chest behind the lungs. The heart and lungs work together to provide the body with oxygen, which is essential for the human body to live.

The heart pumps all the time and does not take a rest. The heartbeat or pulse can be felt by turning one palm up while placing two fingers from the other hand along the outside edge of the wrist. (Note: Do not use the thumb.)

For more information on the heart, see the following links:

http://www.lung.ca/lung101-renseignez/respiratory-respiratoire/how-comment/index_e.php
www.heartandstroke.sk.ca