



Peak Flow Meter Reference

The Peak Flow Meter measures expiratory flow-the fastest speed at which you can blow air out of your lungs after taking in as BIG a breath as possible. It measures how well you are breathing by measuring how well air is moving through the airways in your lungs. Your breath pushes an indicator up a scale. The indicator remains at your peak flow value.

The use of this instrument at the seminar is to encourage proper care of the lungs, to prevent asthma, encourage no smoking, and evaluate lung capacity for anyone. Low readings can be compared with the high ones and tell people how much the lungs are blocked. (See Chart).

How To Use The Peak Flow Meter:

When a single unit is used repeatedly as a screening device, persons should be instructed to inhale before placing the instrument to their mouths. They will breathe out only. Disposable mouthpieces are used, and discarded after each person.

1. Remove the plastic mouthpiece that comes with the meter and place a new cardboard mouthpiece on the peak flow meter.
2. Make sure that the red indicator is at the bottom of the scale.
3. Hold the peak flow meter upright, being careful that your fingers do not block the opening in the back.
4. Stand erect. Inhale as deeply as you can and place your mouth firmly around the mouthpiece, making sure your lips form a tight seal.
5. Blow out as hard and fast as you can. This will cause the red indicator to move up the scale. The final position of the red indicator is your peak flow rate.
6. Take three readings and record the highest value. Compare the results with the chart below.
7. To repeat the test, slide the red indicator back to the bottom of the scale.

Normal Predicted Average Peak Expiratory Flow

Men

Height	1.6m-5'3"	1.67m-5'6"	1.75m-5'9"	1.83m-6'	1.90m-6'3"
Age-Years	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale
15	485	498	511	524	535
20	540	555	571	586	598
25	575	591	608	624	637
30	594	611	628	645	659
35	601	618	636	653	666
40	599	615	633	650	664
45	590	606	623	640	653
50	575	591	608	624	637
55	557	572	588	603	616
60	536	550	566	581	593
65	513	527	542	556	567
70	490	503	517	530	541
75	466	478	491	503	514
80	442	453	465	477	487
85	418	429	440	451	460

Women

Height	1.52m-5'	1.60m-5'3"	1.67m-5'6"	1.75m-5'9"	1.83m-6'
Age-Years	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale	PEFL/min EU Scale
15	385	394	402	411	418
20	409	419	428	437	445
25	422	433	441	451	459
30	427	437	446	456	465
35	425	436	445	454	463
40	420	431	439	449	457
45	412	422	431	440	448
50	401	411	419	428	436
55	389	399	407	415	423
60	376	385	393	401	408
65	362	371	378	386	393
70	348	356	363	371	378
75	334	342	348	355	362
80	320	327	334	340	346
85	306	313	319	325	331