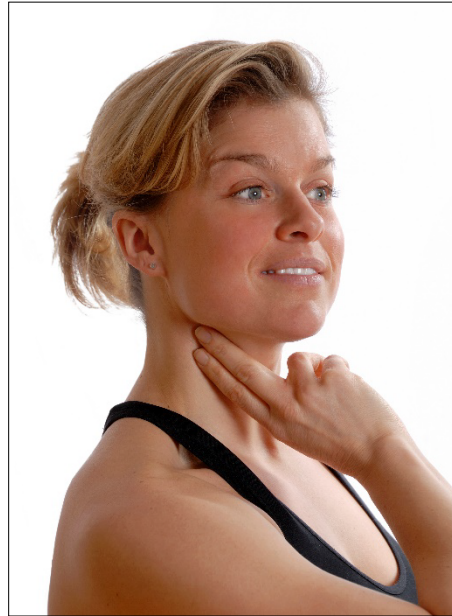The pulse can be located by lightly pressing two fingers on your neck, below your ear:

The pulse also can be located by lightly pressing two fingers on the inside of your wrist, below your thumb:

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