

## Ruler reaction time test

Get someone to hold a 30cm ruler vertically at the 30cm mark.

Hold your thumb and forefinger on each side of the 0cm mark.

Your fingers should be about 1cm away from the ruler.

The other lets the ruler go without warning.

Snap your finger and thumb together to stop the ruler.

Read off the value.

Take the best of three.

cm	seconds
1	0.045
2	0.064
3	0.078
4	0.090
5	0.101
6	0.111
7	0.120
8	0.128
9	0.136
10	0.143
11	0.150
12	0.156
13	0.163
14	0.169
15	0.175
16	0.181
17	0.186
18	0.192
19	0.197
20	0.202
21	0.207
22	0.212
23	0.217
24	0.221
25	0.226
26	0.230
27	0.235
28	0.239
29	0.243
30	0.247