

BLS and Basic Vital Signs Summary Tables

Table 1. Normal pulse rates, breathing rates, and blood pressure ranges for different age groups

Age Group	Normal Pulse Range	Normal Breathing Rate Range	Normal Systolic Pressure (mmHg)	Normal Diastolic Pressure (mmHg)
Adult (puberty and beyond)	60-90	10-24 ^a	Males: age (up to 40) + 100 Females: age (up to 40) + 90	60-85
Child (1 to the onset of puberty)	55-105	12-30	90-120	2/3 of systolic
Infant (newborn to 1 year of age)	80-140	25-50	70-100	2/3 of systolic

a- The higher breathing rates are more prominent in the elderly and those who have respiratory illnesses.

Table 2. Summary table for AR and CPR on casualties that do not have an advanced airway in place.

Age Group	One Person CPR (compressions:ventilations)	Two Person CPR (compressions:ventilations)	Artificial Respirations
Adult (puberty and beyond)	30:2	30:2	One breath every 5-6 seconds
Child (1 to the onset of puberty)	30:2	15:2	One breath every 3-5 seconds
Infant (newborn to 1 year of age)	30:2	15:2 ^a	One breath every 3 seconds

a- two thumbs encircle the chest is the method used here, as opposed to two fingers just below the nipple line for one person CPR

References

Mistovich, J., & Karren, K. (2008). *Prehospital Emergency Care Eighth Edition*. Upper Saddle River, New Jersey: Pearson Education Inc.

Student Reference Guide: CPR and AED. (2008). Ottawa.