

APLS Aide-Memoire Boys and Girls

Age	Guide Weight (KG)		RR At rest Breaths per minute 5 th – 95 th centile	HR Beats per minute 5 th – 95 th centile	BP Systolic		
	Boys	Girls			5 th centile	50 th centile	95 th centile
Birth	3.5	3.5	25-50	120-170	65-75	80-90	105
1 month	4.5	4.5	25-50	120-170	65-75	80-90	105
3 months	6.5	6	25-45	115-160	65-75	80-90	105
6 months	8	7	20-40	110-160	65-75	80-90	105
12 months	9.5	9	20-40	110-160	70-75	85-95	105
18 months	11	10	20-35	100-155	70-75	85-95	105
2 years	12	12	20-30	100-150	70-80	85-100	110
3 years	14	14	20-30	90-140	70-80	85-100	110
4 years	16	16	20-30	80-135	70-80	85-100	110
5 years	18	18	20-30	80-135	80-90	90-110	110-120
6 years	21	20	20-30	80-130	80-90	90-110	110-120
7 years	23	22	20-30	80-130	80-90	90-110	110-120
8 years	25	25	15-25	70-120	80-90	90-110	110-120
9 years	28	28	15-25	70-120	80-90	90-110	110-120
10 years	31	32	15-25	70-120	80-90	90-110	110-120
11 years	35	35	15-25	70-120	80-90	90-110	110-120
12 years	43	43	12-24	65-115	90-105	100-120	125-140
14 years	50	50	12-24	60-110	90-105	100-120	125-140
Adult	70	70	12-24	60-110	90-10	100-120	125-140