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PEDIATRIC ADVANCED LIFE SUPPORT (PALS) POCKET REFERENCE CARD

Parameter	Infant 0-1 yr	Preschool 1-5 yr	School 6-11 yr	Pediatric 12-17 yr	Adolescent 18-24 yr	Adult 25-54 yr	Older Adult 55-74 yr	Elderly 75+ yr
Weight	3.5-10 kg	15-30 kg	20-40 kg	45-70 kg	50-80 kg	60-90 kg	70-90 kg	70-90 kg
Height	50-80 cm	100-130 cm	120-150 cm	150-180 cm	160-180 cm	165-185 cm	170-180 cm	170-180 cm
Heart rate (bpm)	100-160	80-130	70-110	60-100	60-100	60-100	60-100	60-100
Respiratory rate (bpm)	20-40	20-30	12-20	12-20	12-20	12-20	12-20	12-20
SpO2	95-100	95-100	95-100	95-100	95-100	95-100	95-100	95-100
BP (mmHg)	80/50	90/60	100/70	110/70	110/70	110/70	110/70	110/70
HR (bpm)	50-100	60-100	60-100	60-100	60-100	60-100	60-100	60-100
RR (bpm)	12-20	12-20	12-20	12-20	12-20	12-20	12-20	12-20
SpO2	95-100	95-100	95-100	95-100	95-100	95-100	95-100	95-100
BP (mmHg)	80/50	90/60	100/70	110/70	110/70	110/70	110/70	110/70
HR (bpm)	50-100	60-100	60-100	60-100	60-100	60-100	60-100	60-100
RR (bpm)	12-20	12-20	12-20	12-20	12-20	12-20	12-20	12-20
SpO2	95-100	95-100	95-100	95-100	95-100	95-100	95-100	95-100

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- Authored by Aha
- Released at -



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