

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 |