

PAEDIATRIC REFERENCE RANGES

Normal Respiratory Rates

| Age | Respiratory Rate (breaths per minute) |
|------------|--|
| <1 year | 30-40 |
| 1-2 years | 25-35 |
| 2-5 years | 25-30 |
| 5-12 years | 20-25 |
| >12 years | 15-20 |

Normal Heart Rates

| Age | Heart Rate (beats per minute) |
|------------|--------------------------------------|
| <1 year | 110-160 |
| 1-2 years | 100-150 |
| 2-5 years | 95-140 |
| 5-12 years | 80-120 |
| >12 years | 60-100 |

Weight Estimates

| Age | Estimated Weight (kilograms) |
|-------------|---|
| 1-12 months | $(0.5 \times \text{age in months}) + 4$ |
| 1-5 years | $(2 \times \text{age in years}) + 8$ |
| 6-12 years | $(3 \times \text{age in years}) + 7$ |

Reference: [Emcare - Principles of Advanced Cardiac Life Support Course Supplementary pre-reading](#)