

# Vital Signs Cheat Sheet

## Temperature

Route of Measurement	Temperature
Core	36.5°C – 37.5°C
Oral	35.5°C – 37.5°C
Rectal	36.6°C – 38.0°C
Temporal	35.0°C
Axillary	34.7°C – 37.3°C

## Blood Pressure

<b>Systolic Pressure</b>	Contraction of the maximum left ventricle
<b>Diastolic Pressure</b>	Pressure when the ventricles are at rest

Normal Health Adult: 120/80 mmHg

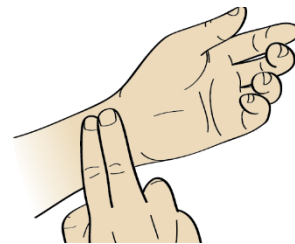
## Oxygen Saturation

SpO2%	Level of Oxygenation
95 – 100	Normal
91 – 94	Mild Hypoxia
86 – 90	Moderate Hypoxia
< 85	Severe Hypoxia

## Pulse + Respirations

Age	Pulse (Average)	Respiration (Average)
0—4 weeks	130	35
< 1 year	120	30
1—4 years	110	25
5—8 years	100	20
9—10 years	70	19
11—19 years	75	18
20—64 years	80	16
> 65 years	70	16

## Pulse Sites



Temporal
Carotid
Apical
Brachial
Radial
Femoral
Popliteal
Posterior Tibial
Dorsalis Pedis

Adapted from NCLEXQuiz.com

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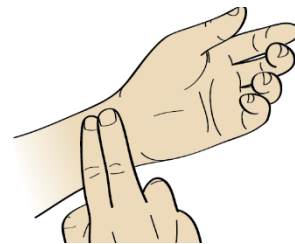
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