

# The Vital Signs

## Pulse

Normal Range: 60-100bpm

Below 60 can be normal in particularly fit people

**Higher** in Children

## Blood Pressure

Normal Range: <120/80mmHg

Hypertension: >140/90mmHg

**Lower** in Children

## Respiratory Rate

Normal Range: 12-16 per minute

Of concern: >20

**Higher** in Children

## Oxygen Saturation

Normal Range: 93-100%

Below 95% is starting to be low

**Similar** in Children

## Temperature

Normal Range: 36.5°C - 37.2°C

Varies based on measurement site, and time of measurement (mornings are lower)

**Similar** in Children

*nb. These values are a guide, and values outside these ranges can be considered normal for an individual based on their health status and comorbidities. The trajectory is also important.*