

### Airway and Breathing

**Respiratory Rate** 12-20 breaths min<sup>-1</sup>

**SpO<sub>2</sub>** > 94% in healthy patients  
88-92% in patients with ARDS, COPD, etc.

**End-Tidal CO<sub>2</sub>** 4-5.7kPa or 35-40 mmHg

### Disability and Exposure

**Temperature** 36-38°C

**Blood Glucose** 3.9 to 5.5 mmol/L

### Circulation

**Heart Rate** 60-100 beats min<sup>-1</sup>

**Capillary Refill** > 2 seconds - Dehydration  
> 3 seconds - Investigate Further

**Blood Pressure** 90/60-120/80 mmHg

### Arterial Blood Gas

**pH** 7.35-7.45

**PaO<sub>2</sub>** 10-14 kPa

**PaCO<sub>2</sub>** 4.5-6 kPa

**Base excess** -2 - 2 mmol/L

**HCO<sub>3</sub>** 22-26 mmol/L

**Lactate** 0.6-1.8 mmol/L



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