

Airway and Breathing

Respiratory Rate 12-20 breaths min⁻¹

SpO₂ > 94% in healthy patients
88-92% in patients with ARDS, COPD, etc.

End-Tidal CO₂ 4-5.7kPa or 35-40 mmHg

Disability and Exposure

Temperature 36-38°C

Circulation

Heart Rate 60-100 beats min⁻¹

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

Blood Pressure 90/60-120/80 mmHg

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