

Age-appropriate Weight and Vitals

Estimating Weight

Digit	Left Hand Age in Years	Right Hand Weight in Kg
Thumb	1	10
Index	3	15
Long	5	20
Ring	7	25
Small	9	30



Normal Vitals

	Resp Rate	Minimum SBP	Heart Rate Max	HR+ 104F fever
Infant	40	60 (first month) 70 (1-12m)	160	200
Toddler	30	70 + (2 x age)	140	180
School Age	20	70 + (2 x age)	120	160
Teen	15	90	100	140

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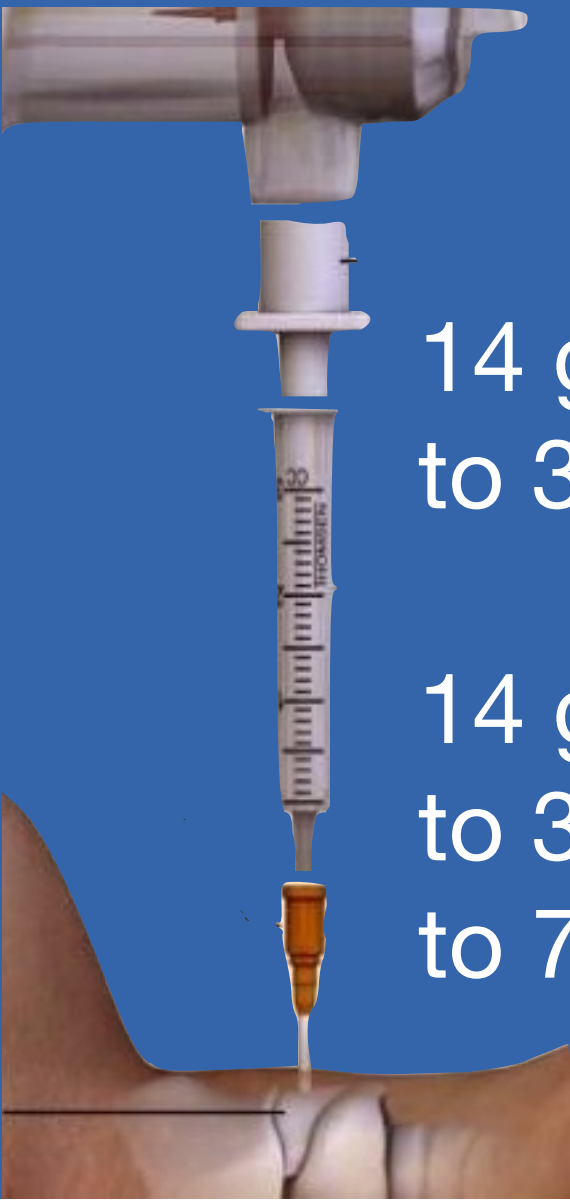
Sick Kids, Think Fast

Intubation

Laryngoscope Blade
0 at birth
2 at 2 years

Tube size
3.5 at birth
5.0 at 5 years

Needle Cric



< 8 yrs old

14 g IV cath
to 3.0 ETT adapter
or
14 g IV cath
to 3 ml syringe
to 7.0 ETT adapter

Coding

Epinephrine (1:10,000)
20. kg child gets
2.0 mL which is
0.2mg

Shocking
Defibrillate 2 J/kg →4 J/kg
Cardiovert 0.5 J/kg →1 J/kg

Dextrose

Infant	5 ml/kg	D10W
Toddler/ School Age	2 mL/kg	D25W
Teen	1 mL/kg	D50W

2-3-4 Rule

ETT size:

x2 = Foley/OG/NG size

x3 = ETT depth

x4 = Chest tube size

Anaphylaxis

Epi {1:1000} 0.01 mg/kg IM
Adult dose 0.3 mg/kg IM

Seizure

Ativan 0.01 mg/kg IM
Adult dose 2 mg IV