

Normal physical signs

A person's physical signs (temperature, heart rate, breathing rate, and blood pressure) can vary, but most healthy people stay within a certain range. Here is a list of normal physical signs in babies and adults:

Temperature in a baby or adult:

37°C (98.6°F)

Heart rate (pulse) in an adult:

60 to 90 beats a minute

Heart rate in a baby during pregnancy:

120 to 160 beats a minute

Heart rate in a newborn baby:

100 to 160 beats a minute

Breathing rate in an adult:

12 to 20 breaths a minute

Breathing rate in a newborn baby:

30 to 60 breaths a minute

Blood pressure in an adult:

120/80 is normal, but it can vary a lot. Blood pressure of 140/90 or higher is a warning sign.

Useful measurements

Weight (how heavy something is)

16 ounces (oz) = 1 pound (lb)

1 pound = 454 grams (g)

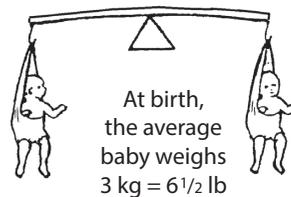
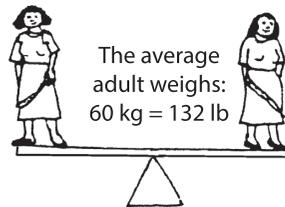
1000 grams = 1 kilogram (kilo, kg)

1 kilo = 2½ pounds

1 ounce = 28 grams

1 gram = 1000 milligrams (mg)

1 grain (gr) = 65 mg



Volume (how much space something takes up; for measuring liquids)

1000 milliliters (ml) = 1 liter (l)

1 milliliter = 1 cubic centimeter (cc)

3 teaspoons (tsp) = 1 Tablespoon (Tbs)

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

30 milliliters = about 1 ounce of water

8 ounces = 1 cup

32 ounces = 1 quart (qt)

1 quart = 0.95 liters

1 liter = 1.06 quarts

