

## APLS Aide Memoire

Age	Guide weight (kg)	A Cuffed ET Tube		C Joules	C Fluid	C Adrenaline	D Lorazepam	D Glucose	RR At rest Breaths per minute 5 <sup>th</sup> - 95 <sup>th</sup> centile	HR Beats per minute 5 <sup>th</sup> -95 <sup>th</sup> centile	BP systolic		
		Int. diameter (mm)	Length (cm)	4 J/kg	10 ml/kg (ml)	0.1 mg/kg of 1 : 10 000 (ml)	0.1 mg/kg Max 4 mg (mg)	3 ml/kg of 10% glucose (ml)			5 <sup>th</sup> centile	50 <sup>th</sup> centile	95 <sup>th</sup> centile
Birth	3.5	3.0 (or uncuffed 2.5-3.0)	9	20	35	0.4	0.4	10.5	25-50	120-170	65-75	80-90	105
1 month	4	3.0	9	20	40	0.4	0.4	12	25-50	120-170	65-75	80-90	105
3 months	5	3.0	10	30	50	0.5	0.5	15	25-45	115-160	65-75	80-90	105
6 months	8	3.5	12	30	80	0.8	0.8	24	20-40	110-160	65-75	80-90	105
12 months	10	3.5	13	40	100	1.0	1.0	30	20-40	110-160	70-75	85-95	105
2 years	12	4.0	13	50	120	1.2	1.2	36	20-30	100-150	70-80	85-100	110
3 years	14	4.0	14	60	140	1.4	1.4	42	20-30	90-140	70-80	85-100	110
4 years	16	4.5	14	60	160	1.6	1.6	48	20-30	80-135	80-90	85-100	110
5 years	18	4.5	14	80	180	1.8	1.8	54	20-30	80-135	80-90	90-110	110-120
6 years	20	5.0	15	80	200	2.0	2.0	60	20-30	80-130	80-90	90-110	110-120
7 years	23	5.0	15	100	230	2.3	2.3	69	20-30	80-130	80-90	90-110	110-120
8 years	24	5.5	16	100	240	2.4	2.4	72	15-25	70-120	80-90	90-110	110-120
9 years	28	5.5	16	120	280	2.8	2.8	84	15-25	70-120	80-90	90-110	110-120
10 years	30	6.0	17	120	300	3.0	3.0	90	15-25	70-120	80-90	90-110	110-120
11 years	35	6.0	17	140	350	3.5	3.5	100	15-25	70-120	80-90	90-110	110-120
12 years	40	6.5	18	150	400	4.0	4.0	100	12-24	65-115	90-105	100-120	125-140
14 years	50	7.0	21	150	500	5.0	4.0	100	12-24	60-110	90-105	100-120	125-140
Adult	70	8.0	24	120-150 Joules biphasic	500	10 ml (i.e. 1 mg)	4 mg	100 ml	12-24	60-110	90-105	100-120	125-140

**TIP: If a child is particularly big, go up one or two years; particularly small, go down one or two years**  
The final responsibility of deliver of the correct dose remains that of the physician prescribing and administering the drug