

Vital Signs Worksheet

Name: _____ Date: _____

Objective: Understand and learn the normal ranges for vital signs.

Part 1: Vital Signs Overview

Vital signs are measurements that indicate the state of a person's essential body functions. The main vital signs include:

1. **Heart Rate (Pulse)**
 2. **Respiratory Rate**
 3. **Blood Pressure**
 4. **Temperature**
 5. **Pain**
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Part 2: Fill in the Normal Ranges

Instructions: Fill in the normal ranges for each vital sign in the table below.

Vital Sign	Normal Range
Heart Rate (beats/min)	_ to _
Respiratory Rate (breaths/min)	_ to _
Blood Pressure (mmHg)	_ / _

Temperature (°F)	_ to _
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Part 3: True or False

Instructions: Write 'T' for True or 'F' for False next to each statement.

1. A normal heart rate for adults is between 60 and 100 beats per minute. _____
 2. The normal respiratory rate for children is higher than that of adults. _____
 3. Blood pressure is measured in degrees Fahrenheit. _____
 4. A normal body temperature can vary slightly from person to person. _____
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Part 4: Matching

Instructions: Match the vital sign to its definition.

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|---------------------|--|
| 1. Heart Rate | a. The number of breaths taken in one minute. |
| 2. Respiratory Rate | b. The force of blood against the walls of the arteries. |
| 3. Blood Pressure | c. The number of times the heart beats in one minute. |
| 4. Temperature | d. A measure of the body's internal heat. |
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Part 5: Reflection

Instructions: Answer the following questions in complete sentences.

1. Why are vital signs important in healthcare?
• _____
 2. How can you measure your own heart rate?
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