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**

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)	_ / _

LIVEWORKSHEETS

Temperature (°F)	_ *to* _

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. _____

Part 4: Matching

Instructions: Match the vital sign to its definition.

1. Heart Rate
2. Respiratory Rate
3. Blood Pressure
4. Temperature

a. The number of breaths taken in one minute.

b. The force of blood against the walls of the arteries.

c. The number of times the heart beats in one minute.

d. A measure of the body's internal heat.

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?
   - _____

LIVEWORKSHEETS