

**GLENDALE COMMUNITY COLLEGE  
EMT Program  
Vitals Record Sheet**

NAME: \_\_\_\_\_

<b>TIME</b>		
BP		
PULSE		
RESP		
SKIN		
PUPILS		
GCS		
SaO <sub>2</sub>		

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**REMEMBER:**

Time: military time  
*Ex. 0830, 1830 hrs*

BP: auscultate and palpate  
*Ex. 120/70, 120/p*

Pulse: rate, quality, rhythm  
*Ex. 76, strong, regular*

Resp: rate and quality  
*Ex. 16, regular*

Skin: color, temp, moisture  
cap. refill if child  
*Ex. warm, pink, dry  
cap. refill below 2 sec.*

Pupils: Pupils equal, round,  
reactive to light, size  
*Ex. PERRL, 3mm*

**CENTRAL PULSES**

- Carotid pulse
- Femoral pulse

**PERIPHERAL PULSES**

- Radial pulse
- Brachial pulse
- Pedal pulse