

Respiratory Therapy Quick Reference Guide

Ideal Body Weight (IBW) & Tidal Volumes (4–6–8 mL/kg)

Height	Male IBW (kg)	Male VT (mL) 4-6-8	Female IBW (kg)	Female VT (mL) 4-6-8
4'10" (58 in)	45.4	181 – 272 – 363	40.9	163 – 245 – 327
4'11" (59 in)	47.7	190 – 286 – 381	43.2	172 – 259 – 345
5'0" (60 in)	50.0	200 – 300 – 400	45.5	182 – 273 – 364
5'1" (61 in)	52.3	209 – 313 – 418	47.8	191 – 286 – 382
5'2" (62 in)	54.6	218 – 327 – 436	50.1	200 – 300 – 400
5'3" (63 in)	56.9	227 – 341 – 455	52.4	209 – 314 – 419
5'4" (64 in)	59.2	236 – 355 – 473	54.7	218 – 328 – 437
5'5" (65 in)	61.5	246 – 369 – 492	57.0	228 – 342 – 456
5'6" (66 in)	63.8	255 – 382 – 510	59.3	237 – 355 – 474
5'7" (67 in)	66.1	264 – 396 – 528	61.6	246 – 369 – 492
5'8" (68 in)	68.4	273 – 410 – 547	63.9	255 – 383 – 511
5'9" (69 in)	70.7	282 – 424 – 565	66.2	264 – 397 – 529
5'10" (70 in)	73.0	292 – 438 – 584	68.5	274 – 411 – 548
5'11" (71 in)	75.3	301 – 451 – 602	70.8	283 – 424 – 566
6'0" (72 in)	77.6	310 – 465 – 620	73.1	292 – 438 – 584
6'1" (73 in)	79.9	319 – 479 – 639	75.4	301 – 452 – 603
6'2" (74 in)	82.2	328 – 493 – 657	77.7	310 – 466 – 621
6'3" (75 in)	84.5	338 – 507 – 676	80.0	320 – 480 – 640
6'4" (76 in)	86.8	347 – 520 – 694	82.3	329 – 493 – 658
6'5" (77 in)	89.1	356 – 534 – 712	84.6	338 – 507 – 676
6'6" (78 in)	91.4	365 – 548 – 731	86.9	347 – 521 – 695

Tidal Volumes (VT) shown = 4, 6, and 8 mL/kg IBW. ARDS patients typically use 4–6 mL/kg; general lung protective range is 6–8 mL/kg.

IBW calculated using Devine Formula (M: $50 + 2.3 \times (Ht-60)$; F: $45.5 + 2.3 \times (Ht-60)$). Always follow institutional protocols.

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