

# Child/Adolescent Scale: Measuring Weight

## 2 to 19 Years of Age

### STEP 1: Preparation

- Remove shoes, hats or bulky items like coats and sweaters
- Place a paper barrier on the scale
- With the paper barrier in place “zero” the scale



### STEP 2: Weighing

- Ask the child to stand in the middle of the scale platform
- Weigh the child standing without assistance



### STEP 3: Read and record the measurements

- Read the measurement to the nearest 0.1 kg increment and record

### STEP 4: Checking calibration

- Schedule professional calibration yearly or more frequently if required