

Guide to accurately weighing children using standing scales

Standing weight measurement is appropriate for most children 2 years, and older.

Equipment

- The scale should weigh up to 200kg in 100g (0.1kg) increments.
- Scales should have a stable weighing platform, which is large enough to support the child.
- Place the scale on a stable, non-carpeted surface.

1.

Only light clothing should be worn. Remove shoes, socks and heavy clothing such as a coat, jacket, or jumper, and ensure pockets are empty.



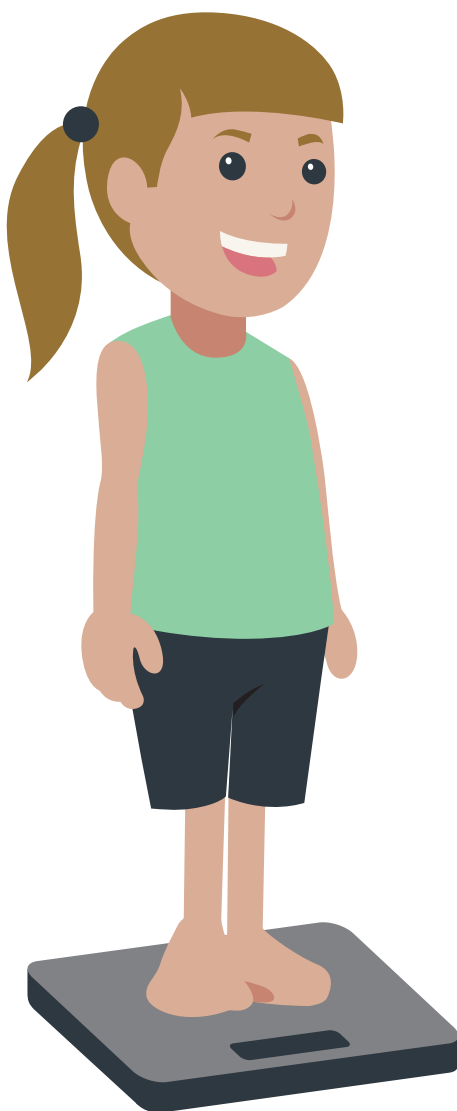
2.

Turn the scale on and wait until it displays zero.

0.0kg

3.

Ask the child to stand on the middle of the scale, look straight ahead and stand still.



4.

Check the child is not holding onto a wall or table; and arms are at their side.

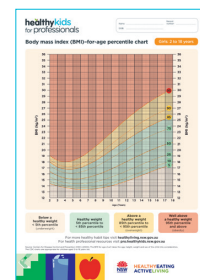
5.

Wait until the scale settles at a reading and record weight to the nearest 100g (0.1kg).

23.6kg

6.

If able, measure height and use both measurements to calculate BMI, plot on the relevant BMI-for-age chart and include in the child's electronic medical record.



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For health professional resources visit [pro.healthykids.nsw.gov.au](https://www.pro.healthykids.nsw.gov.au)

