

Guide to accurately weighing children using infant scales

Equipment

- The scale should weigh up to 20kg, in 5g (0.005kg) increments.
- Place the scale on a stable, non-carpeted surface.
- If using a trolley, check the scale is not touching the edges of the trolley.

1.

To collect bare weight, ensure the child is undressed with the nappy removed.



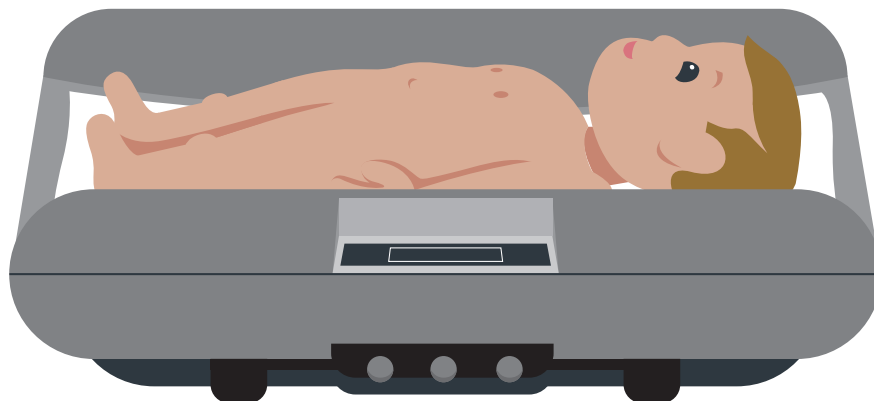
2.

Place a sheet/paper towel on the scale.

3.

Turn the scale on and wait until it displays zero.

0.000kg



4.

Place the child in the centre of the scale and ensure that weight is evenly distributed.

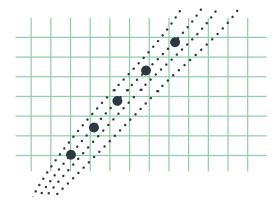
5.

Wait until the scale settles at a reading and record weight to the nearest 5g (0.005 kg).

7.860kg

6.

Plot the weight measurement on the relevant weight-for-age chart and enter into the child's electronic medical record. If able, measure length and plot on the relevant chart and enter into the child's record.



Measuring the weight of a child may require two people to ensure correct measurement.

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

