

How To Weigh Children 2-18yrs

Use class III electronic scales, with metric setting

1



Remove shoes and heavy clothing

2



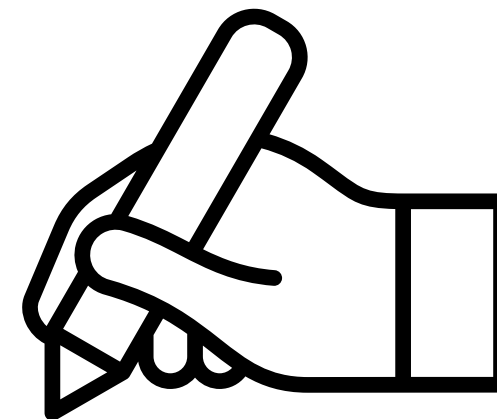
Check child is not holding any heavy objects i.e. toys

3



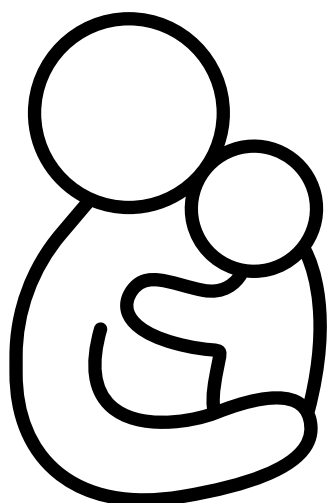
Ensure scales are at zero & ask child to stand on the scales

4



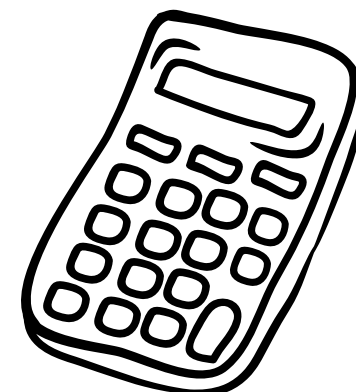
Take weight to the nearest 0.0kg i.e. 18.5kg

5



Children reluctant to be weighed can be held and weighed with an adult

6



Remember to calculate the holding adult's weight off the total