



Equipment checklist – children over 2 years

Beam balance or electronic scale

- Scales for weighing children can be either high quality beam balance with movable weights, or high quality electronic
- Weighs in 0.1 kg (100 gm) increments and can be 'locked' in
- The scale can be easily 'zeroed'
- Weight is read at 'eye level' of measurer
- Stable weighing platform which is large enough to support the child
- No length or stature device should be attached because they do not have a stable platform.

Service the scale (including calibration) according to manufacturers' guidelines. This is usually annually, or more frequently if the scales are moved regularly or there are concerns about accuracy.

Melbourne

A suitable scale is a good quality electronic or beam balance scale that can be easily calibrated

Height (Stature) Stadiometer

- Height is measured in the standing position using a stadiometer (height measurer) or a correctly installed 'pull down' measure which are designed for the purpose
- A stadiometer consists of a vertical board with an attached metric ruler with an easily moveable horizontal headboard that can be brought into contact with the most superior part of the head; ideally spring loaded
- The equipment has a wide and stable platform, or firm uncarpeted floor as the base.
- Equipment should be accurately and firmly mounted on a wall
- Ensure that fixed position devices have been installed correctly, and re-check after moving or re-location
- Should have an easy to read, stable tape or digital readout in 0.1 cm increments

Stadiometers should be stable, calibrated and dedicated to the purpose

