



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.

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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

