

Equipment Guide for Measuring & Weighing WPPM 1000-90

JOB AID

Equipment used to obtain length/height and weight measurements must meet the basic standards listed in this job aid. All equipment should be made of durable and easy-to-clean material.

Basic Standards for Length/Height Equipment

I. Recumbent Length Board – for infants and young children

- A. The length board must consist of a firm, flat, unbendable, horizontal surface.
- B. The measuring tape/ruler must be:
 1. Attached to the length board.
 2. Clearly marked to one-fourth inch (1/4") or less.
 3. Flat and non-bendable
- C. The headboard must be:
 1. Rigid and attached to a horizontal surface.
 2. Perpendicular to the measurement surface.
 3. Minimum 6 inches wide.
- D. The footboard must be:
 1. Moveable but non-bendable.
 2. Perpendicular to the measurement surface.
 3. Minimum 6 inches wide.

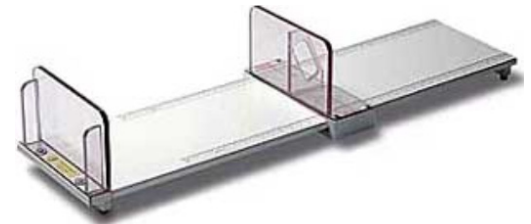


Figure 1. A recumbent measuring board. (Image/Indian Health Services)

II. Stadiometer for Standing Height – for adults and older children

- A. The measuring tape/ruler must be:
 1. Attached to a firm, flat, vertical surface.
 2. Clearly marked to one-fourth inch (1/4") or less.
 3. Flat and non-bendable
- B. The headboard must be:
 1. Movable.
 2. Perpendicular to the measurement surface.
 3. Minimum 2 inches wide.

III. Maintenance of Measuring Equipment

- A. Local Agency (LA) staff must do the following:
 1. Clean the equipment regularly.
 2. Replace movable parts that are worn or loose.
 3. Check alignment of headboard and footboard.

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Basic Standards for Weight Equipment

LA staff must use either a balance beam scale or a good quality electronic scale. Scales must be easily “zeroed” or tared to zero. LA staff must balance the scale at zero before each use. Spring balance scales are not recommended, as the spring counterbalance mechanism loses its accuracy over time.

I. Recumbent weight scale – for infants and young children

- A. Infant tray must be sturdy and easy-to-clean.
- B. Scale must provide measurements in increments of 1 ounce or less, and be accurate to this degree.
- C. Scale must have the capacity to weigh up to at least 35 pounds.

II. Standing weight scale – for adults and older children

- A. Platform must be sturdy and easy-to-clean.
- B. Scale must provide measurements in increments of ¼ pound or less, and be accurate to this degree.
- C. Scale must have the capacity to weigh up to at least 300 pounds (up to 500 pounds is recommended).

III. Maintenance of Measuring Equipment

- A. Routine site testing – LAs must test scales on a regular basis according to the manufacturer’s instructions.
- B. Scales must be calibrated annually.

EXCEPTION:

Sites that have to set up and break down equipment for clinic operations are permitted to use moveable stadiometers and portable infant length boards.

RESOURCE:

Adapted from Child Health and Disability Prevention (CHDP) Health Assessment Guidelines