

How to Weigh Adolescents and Adults



- Step 1** Ensure that you have a functioning weighing scale that measures weight in kilograms (kg) to the nearest 100 grams (g).
- Step 2** Place the scale on a flat surface. To turn on the scale, cover the solar panel for a second. When the number 0.0 appears, the scale is ready.
- Step 3** Ask the client to remove shoes, hats, scarves, and empty pockets.
- Step 4** Ask the client to stand unassisted on the centre of the scale.
- Step 5** Read and record the weight to the nearest 100 g (0.1 kg), for example 62.3 kg.