

## Equipment for weighing and measuring children

### 1. Birth to 2 years

#### Infant Scale

- ✓ Use a levelled pan scale
- ✓ Either high quality electronic digital or beam balance
- ✓ Portable or 'fixed' options are suitable
- ✓ Scale should weigh up to 20 kg, in 0.01 kg (10 gm) increments
- ✓ Tray needs to be large enough to support children up to 2 years of age
- ✓ Motion detector and stabilizer
- ✓ No length or stature device should be attached because they do not have a stable platform.
- ✓ Clean the scales regularly

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

**A scale for weighing infants should have a large enough tray to support the infant and weigh up to 20 kg**

#### Infant length-board (Infantometer)

Length is measured in the recumbent position using an infantometer (infant length board) designed for the purpose

- ✓ The board should have a firm, flat horizontal surface with a measuring tape in 1 mm (0.1 cm) increments
- ✓ The tape or measurements should be fixed, and easily read
- ✓ The device has a fixed head-board at right angle to the tape
- ✓ And a smoothly-moving foot-board perpendicular to the tape

**Length board should be sturdy, easily cleaned and designed for the purpose of measuring infant length**

#### Head Circumference Tape

Head circumference should be measured using a flexible, non-stretchable measuring tape or disposable paper tape

- ✓ ensure the tape is clean after each use

- ✓ replace the plastic tape at least yearly, or more often if needed.
- ✓ 0.5 – 1.0 cm width and 0.1 cm increments
- ✓ 0.1 cm increments

## 2. 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.

**A suitable scale is a 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**

### 3. Supplier Options

	Wedderburn	Seca	Mercury
	Based metro Melbourne. Distributors statewide 1300 970 111	Based in Sydney 02 9620 6600	Based in metro Melbourne Distributors statewide 1800 241 434
<b>Infant Scale</b>	TIBD590 20kg x 10g Price range: \$250 - 500	Seca334 20kg x 10g Price range: \$600 - 750	N/A (12 kg maximum)
<b>Infantometer</b>	SE210 Baby mat Price range: \$100 - 200	Seca 417 Infantometer Price range: \$280 - \$320	N/A
<b>Digital Scale (Professional)</b>	TIBWB800P 200kg x 100g Price range: \$750-1000	Seca 383 Toddler scale: 50kg x 50g Price range: \$650 - \$750	PW200 200kg x 20g Price range: \$750- 1000
<b>Digital Scale (Bathroom)</b>	TIHD316 150kg x 100g	NA	UC321 150kg x 50g

	Price range: \$100 - 200		Price range: \$250 - 500
<b>Stadiometer (fixed)</b>	TIHR200 Price range: \$100 - 200	NA	N/A
<b>Stadiometer (portable)</b>	WSHRP Price range: \$250 - 500	Seca 213 Price range: \$210 – 300	N/A
<b>Calibration weights</b>	YES \$65 (5kg) \$140 (10kg)YES	NA	YES Can supply
<b>Servicing</b>	Check weigh weekly Recommend calibration every 12 months or as needed Servicing available	Check weigh weekly Servicing provided by Accuweight	Check weigh weekly Recommend calibration with known weight Servicing available