# WEIGHT AND HEIGHT MEASUREMENT

PURPOSE

To accurately document clients weight and height of home care clients if possible.

SPECIAL INSTRUCTIONS

Standard Weight Measurement at SOC and ROC

1. O the scale
2. Have client remove shoes and any extra layers of clothing
3. Have client step on the scale ensuring that body weight is evenly distributed
4. Arms hang freely by sides of body, palms towards thighs if able
5. Head is up and facing forward
6. Weight is recorded to the nearest pound.
7. Scales will be calibrated periodically to ensure accuracy.

Standard Height Measurement at SOC and ROC

1. Have client stand with back to wall
2. Body weight evenly distributed on both fee
3. Arms hand freely at sides with palms facing thighs
4. Legs placed together, knees or ankles together if able
5. Stand erect with head facing straight ahead
6. Using tape measure, record to the nearest inch. Fractions of 0.1 to 0.4 are rounded down and 0.5 to 0.9 are rounded up.