

How to Weigh Adults

1. Ask the client to remove shoes, hats, scarves, head wraps, and everything from pockets.
2. Ask the client to stand straight and unassisted on the center of the scale.
3. Record the weight in kg to the nearest 100 g.

Errors include weighing a client with too much clothing, weighing clients who are not standing straight, and using inaccurate scales.

