

## Checklist: Measure and Record Weight of Patient Standing on a Scale

Measure and Record Weight of Patient Standing on a Scale		Able to Perform	Unable to Perform
1.	Carry out initial procedure actions according to facility policy, including hand hygiene, patient identification, explanation of the procedure, privacy, and patient safety.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Review the patient's care plan and previous weight measurements before obtaining the current weight.	<input type="checkbox"/>	<input type="checkbox"/>
3.	Gather necessary equipment including a standing scale and any required personal protective equipment (PPE).	<input type="checkbox"/>	<input type="checkbox"/>
4.	Inspect the standing scale for cleanliness, proper function, stability, and accurate calibration before use.	<input type="checkbox"/>	<input type="checkbox"/>
5.	Ensure the scale is balanced at zero according to manufacturer instructions before the patient steps onto the scale.	<input type="checkbox"/>	<input type="checkbox"/>
6.	Assist the patient to remove shoes and heavy outer clothing as appropriate according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
7.	Ensure the patient is wearing non-slip footwear or provide assistance to prevent falls during the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
8.	Assist the patient safely onto the center of the scale platform using proper body mechanics and safe patient handling techniques.	<input type="checkbox"/>	<input type="checkbox"/>
9.	Instruct the patient to stand still with weight evenly distributed and arms at the sides during the measurement.	<input type="checkbox"/>	<input type="checkbox"/>
10.	Observe the patient throughout the procedure for signs of dizziness, weakness, instability, or discomfort.	<input type="checkbox"/>	<input type="checkbox"/>
11.	Adjust the scale weights or digital settings accurately until the balance indicator stabilizes or the digital reading locks.	<input type="checkbox"/>	<input type="checkbox"/>
12.	Read the patient's weight accurately in pounds or kilograms according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
13.	Record the patient's weight immediately and accurately according to Oregon documentation standards and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
14.	Assist the patient safely off the scale and provide support as needed to prevent falls or injury.	<input type="checkbox"/>	<input type="checkbox"/>
15.	Ensure the patient is comfortable and safely positioned after the procedure with needed items and call light within reach if applicable.	<input type="checkbox"/>	<input type="checkbox"/>
16.	Clean and disinfect the scale surfaces according to infection prevention and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
17.	Remove PPE if used and perform hand hygiene according to Oregon infection prevention standards.	<input type="checkbox"/>	<input type="checkbox"/>
18.	Report significant weight changes, patient intolerance, or abnormal findings to the supervising nurse according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
19.	Document the procedure, patient tolerance, weight obtained, assistance provided, and any abnormal findings according to Oregon State standards and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>