

## Checklist: Measure and Record Weight

<b>Measure and Record Weight</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
1. Carry out initial procedure actions: <ul style="list-style-type: none"> <li>– Knock before entering.</li> <li>– Introduce yourself.</li> <li>– Identify the resident according to facility policy.</li> <li>– Explain the procedure.</li> <li>– Provide privacy.</li> <li>– Perform hand hygiene.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> <li>– Standing, wheelchair, bed, or mechanical lift scale as appropriate.</li> <li>– Gait belt if needed.</li> <li>– Non-skid footwear.</li> <li>– Documentation sheet/electronic charting access.</li> <li>– Calculator if needed for wheelchair weight subtraction.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
3. Verify the type of scale required according to the resident’s condition and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Check scale for proper function: <ul style="list-style-type: none"> <li>– Ensure scale is balanced/zeroed before use.</li> <li>– Ensure the wheelchair or bed scale is calibrated according to facility policy.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
5. Ensure resident safety: <ul style="list-style-type: none"> <li>– Clear pathway to scale.</li> <li>– Lock the wheelchair when appropriate.</li> <li>– Use assistance devices as needed.</li> <li>– Apply a gait belt if indicated.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
6. Assist resident to standing scale if able: <ul style="list-style-type: none"> <li>– Resident should wear similar clothing each time if possible.</li> <li>– Remove shoes/heavy outerwear if facility policy requires.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
7. Instruct resident to stand still in center of scale platform: <ul style="list-style-type: none"> <li>– Weight evenly distributed</li> <li>– Arms at sides if possible.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
8. Read weight measurement once scale stabilizes.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Wheelchair Scale Procedure</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
9. Weigh an empty wheelchair first if required by facility policy and record wheelchair weight.	<input type="checkbox"/>	<input type="checkbox"/>
10. Lock wheelchair brakes before positioning resident on scale.	<input type="checkbox"/>	<input type="checkbox"/>
11. Position wheelchair completely on scale platform.	<input type="checkbox"/>	<input type="checkbox"/>
12. Unlock scale mechanism according to manufacturer instructions and obtain weight.	<input type="checkbox"/>	<input type="checkbox"/>
13. Subtract wheelchair weight from total weight if required.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Completion of Procedure</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
14. Assist resident safely off scale or return resident to comfortable position.	<input type="checkbox"/>	<input type="checkbox"/>
15. Ensure resident safety and comfort: <ul style="list-style-type: none"> <li>– Bed in lowest position if applicable.</li> <li>– Wheelchair brakes locked if applicable.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>

<ul style="list-style-type: none"> <li>- Call light within reach.</li> </ul>		
<p>16. Perform hand hygiene.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>17. Record weight promptly according to facility policy:</p> <ul style="list-style-type: none"> <li>- Weight measurement.</li> <li>- Unit of measure (lb/kg).</li> <li>- Date and time.</li> <li>- Type of scale if required.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p>18. Observe and report significant findings promptly to the nurse, including:</p> <ul style="list-style-type: none"> <li>- Sudden weight gain</li> <li>- Sudden weight loss</li> <li>- Inability to stand safely</li> <li>- Edema/swelling</li> <li>- Weakness</li> <li>- Dizziness</li> <li>- Inaccurate or inconsistent readings.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p>19. Carry out ending procedure actions:</p> <ul style="list-style-type: none"> <li>- Clean equipment according to facility policy.</li> <li>- Return equipment safely to the storage area.</li> <li>- Document observations as required by facility policy.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>