

Skills Checklist: Weighing & Measuring Patient in Bed

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Obtain assistance from a co-worker			
Feedback			
Assemble equipment: -Overbed (sling) scale -Sheet -Tape measure -Pencil			
Feedback			
Check scale sling and straps for frayed areas or straps that do not close properly			
Feedback			
Lower the side rail on your side. Make sure the side rail is up on the other side			
Feedback			
Fan-fold the top linen to the foot of the bed			
Feedback			
Position the patient flat on the back with arms and legs straight and body in good alignment. Make sure the sheet under the patient is straight and wrinkle-free			
Feedback			
Make a small pencil mark at the top of the patient's head on the sheet			

Feedback			
Make a second pencil mark even with the heels			
Feedback			
Roll the patient lateral. Using the tape measure, measure the distance between the two pencil marks			
Feedback			
Document the patient's height in feet and inches			
Feedback			
Resident who can not lay straight, turn lateral, place tape measure at top of head, follow curves of body to heel			
Feedback			
Document			
Feedback			
Carry out last procedure			
Feedback			

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