

**SENIORS AND PEOPLE WITH DISABILITIES
STATE-OPERATED COMMUNITY PROGRAMS**

GUIDELINES FOR WEIGHING

1. Always weigh the clients at the same time of the day.
2. Assure that you have a quality scale (Health-o-Meter). Do not use digital scales.
3. Assure that the client stays on the scale for at least 5 – 10 seconds so you can accurately record the weight.
4. Do not assist the client to stand on the scale or hold onto them while they are being weighed.
5. Do not weigh clients with their shoes or coats on, and assure their pockets are empty. Consider weighing them in their pajamas to avoid these problems.
6. Always record the weight. If there is more than 2 – 3 pounds difference in previous weight, reweigh them again to assure the accuracy.
7. If the client is only weighed monthly, always weigh them in the same week of the month (i.e. always the 1st week, always the 4th week, etc.).