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03:20 Adjust the digital display to zero by manually adjusting the knob. Some weighing scales have automatic zero display. 03:41 This will reduce the chances of a drop in the baby's body temperature. 03:42 This will reduce the chances of a drop in the baby's body temperature. 03:43 It will also prevent the transfer of infections. 03:53 Undress the baby. 04:02 Undress the baby on the towel in the middle of the tray. 04:02 Write it down. 04:09 Switch the machine off after use. 04:13 Remember to use a separate clean and dry towel for each baby. 04:21 Check the accuracy of the weighing scale with standard known weights every week. 04:22 Do not press the weighing tray with your hand. 04:33 It could damage the weighing machine. 04:37 Next, let us learn how to measure weight using a family digital scale. 04:45 Digital or electronic scales provide quick, easy and precise measurements. 04:50 Additional with a scale of the weighing with your hand. 05:01 Children who can stand up can be weighed by making them stand on the scale. 05:05 Other children can be weighed in the arms of an adult. 15 This is also called double weighing. 15 To weigh the child, place the scale on a hard and flat surface. 05:25 Awooden board can be used if you are weighing the child on the field. 16 Explain the procedure to the child's mother or carer. 17 Take off the child's clothes, if possible. 17 Take off the child to stand on the scale. 18 Explain the procedure to the child's mother or an assistant to stand on the scale. 19 Signature of the child scothes, if possible. 19 Cero must appear before the child is given to the adult to be weighed. 10 Signature of the child scothes, if possible. 19 Cero must appear before the child is given to the adult to be weighed. 10 Signature of the weight impears, press the reset button. 10 Cero must appear before the child is given to the adult to be weighed. 10 Cero must appear before the child is given to the adult to be weighed. 10 Cero must appear before the child's weight. 10		
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08:45 With the other hand, he should move the foot piece.
08:50 He must move it until it is pressing against the heels of the child.
08:57 He should not tilt the foot piece.
09:02 The child should lay completely flat on the height board.
09:08 The person holding the foot piece should read the length of the child.
09:14 His eyes must be straight above the measuring tape while reading.
09:21 Length can be read up to 1mm of accuracy.
09:27 He must write down the length immediately.
09:32 Now, let us learn how to measure a child's height.
09:38 For height measurement, put the height board straight up.
09:44 Make sure the fixed board end is flat on the ground.
09:50 The movable headpiece should be at the top end.
09:55 Put the back of the board against a flat wall.
10:01 Remove the child's footwear.
10:04 Tell the child to stand on the centre of the fixed board.
10:09 The child's heels must be pressed against the height board.
10:16 The child's knees must be straight.
10:20 The child's shoulders and head should be pressed against the board.
10:26 The child's hands must be at the sides.
10:31 The child should look straight ahead.
10:35 The first person should sit on her knees on the side of the board.
10:41 Her left hand should be on the child's knees.
She must keep the child's knees together and straight.
10:52 Her right hand should be on the front part of the child's lower legs.

10:59	The second person should sit on his knees in front of the board.
11:05	He should move the headpiece until it presses against the child's head.
11:12	He must hold the headpiece straight with one hand.
11:18	With the other hand, he should cup and hold the child's chin.
11:24	Now, he should read the height.
11:28	While reading, his eyes should be straight in front of the measuring tape.
11:34	He can measure the height up to 1mm of accuracy.
11:40	He should write down the height immediately.
11:45	Detailed interpretation of these measurements is discussed in other tutorials.
11:52	Please visit our website for more information.
11:57	This brings us to the end of this tutorial.
	Thank you for joining.