

Time	Narration
00:01	Welcome to the spoken tutorial on the measurement of children's weight and height.
00:07	In this tutorial, we will learn:
00:09	How to measure a child's weight using the salter scale.
00:16	The digital scale.
00:18	We will also learn to measure his length or height.
00:24	Anthropometry is the most frequently used method to assess nutritional status.
00:31	Anthropometric measurements include height, weight, circumferences, etc.
00:38	Let us learn how to measure weight using a salter scale.
00:44	Salter scale is a spring hanging scale.
00:49	It can weigh up to 25 kgs.
00:54	To measure weight, you will need weighing pants or bucket.
01:01	In this tutorial, we will be using weighing pants.
01:06	Before weighing the baby, attach the pants to the scale.
01:12	Adjust the scale to zero.
01:16	Then, remove the pants from the scale.
01:20	Undress the baby.
01:23	It is best to weigh the baby without any clothes.
01:29	Now, put your hands through the open areas of pant's legs.
01:36	Gently grasp the baby's feet and put the baby in the pants.
01:43	Now attach the pants to the scale in a way that the baby hangs freely.
01:50	Make sure the baby doesn't touch anything.
01:55	Do not touch the scale or the baby.
02:00	Stand in front of the scale so that the pointer is at your eye level.
02:07	Wait till the child stops moving.
02:11	Otherwise, the needle will move when reading the weight.
02:16	When the child is steady, read the weight on the scale.
02:21	Read it up to the nearest 100 grams mark.
02:27	Write down the weight immediately so you don't forget it.
02:32	The scale must be checked every day by using a known weight.
02:39	Do not forget to re-adjust the scale to zero before every weighing.
02:47	Next, let us learn how to measure weight using a baby digital scale.
02:55	Clean the tray.
02:58	Put the weighing scale on a flat, stable surface like a table or a platform.
03:06	Connect the power plug.
03:09	If the scale runs on batteries, put the batteries in it.
03:15	Switch it on.
03:18	The digital display will show some number.

03:22	Adjust the digital display to zero by manually adjusting the knob.
03:30	Some weighing scales have automatic zero display.
03:35	Place a clean and dry towel or paper on the tray.
03:41	This will reduce the chances of a drop in the baby's body temperature.
03:48	It will also prevent the transfer of infections.
03:53	Undress the baby.
03:56	Place the baby on the towel in the middle of the tray.
04:02	Note the reading on the digital display.
04:06	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.
04:29	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.
04:53	Family digital scales can be used in two different ways to weigh children.
05:01	Children who can stand up can be weighed by making them stand on the scale.
05:09	Other children can be weighed in the arms of an adult.
05:14	This is also called double weighing.
05:19	To weigh the child, place the scale on a hard and flat surface.
05:25	A wooden board can be used if you are weighing the child on the field.
05:31	Explain the procedure to the child's mother or carer.
05:37	Take off the child's clothes, if possible.
05:42	Turn on the scale.
05:45	Tell the child to stand on the scale.
05:49	If the child can't stand, ask the mother or an assistant to stand on the scale.
05:57	After the adult's weight appears, press the reset button.
06:04	Zero must appear before the child is given to the adult to be weighed.
06:11	The weight displayed will be the child's weight.
06:16	Write down the weight immediately so you don't forget it.
06:21	Handle the scale with care.
06:25	Protect the scale from excess humidity or excess heat.
06:32	Next, let us learn how to measure a child's length or
06:37	height.
06:39	Length is used for children shorter than 87 cm or
06:45	under 2 years of age.
06:49	Height is used for children taller than or equal to 87 cm or over 2 years of age.
07:01	For length or height measurement, you will need a height board.
07:07	You will need 2 people to take the measurement.

07:12	You will need support from the carer when taking the measurement.
07:19	You must take off the child's shoes and socks.
07:24	Remove anything that covers the child's head as well.
07:31	For length measurement, put the height board flat on the ground.
07:37	Lay the child on the board.
07:41	The child's head should be touching the fixed board end.
07:46	The child's feet should be towards the movable foot piece.
07:52	One person should sit on her knees straight behind the fixed board.
07:59	She should place her hands over the child's ears.
08:04	She should hold the head of the child firmly with her hands.
08:10	In this position, the child should be looking straight up.
08:16	The top of the child's head should touch the fixed board.
08:22	Now, the second person should position himself properly.
08:28	He should sit on his knees near the foot piece.
08:33	He should straighten the child's legs.
08:38	With one hand, he should hold the child's knees firmly on the board.
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.
10:46	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.