

1. The Tanita scales should be set up on a flat surface ensuring that the spirit level indicator is level.
2. Ask the child to remove shoes, socks and any heavy items of clothing e.g. jumper or cardigan. Also, ask them to remove any heavy items of jewellery and check that their pockets are empty. (NB. If the child does not want to remove socks/tights, note this on the back of the recording sheet).
3. Record if the child has been to the toilet prior to coming into the measurement room. (Children should have been asked to go to the toilet before entering the measurement room).
4. **Children are not to step on scales until instructed.** Enter 0.0 for clothes weight. Press enter.



5. Ask child to step on scales. The child's weight should be evenly distributed on both feet. Ask the child to stand upright, hands by their sides and head level with eyes looking straight ahead. Check that the child's heels and feet cover both metal pads. If feet are unable to cover electrodes, change to weight only mode.

6. Press male or female.
7. Press standard.
8. Enter the age in years.
9. Enter height in whole centimetres, rounding up or down, as appropriate. If rounding would result in 2 different whole centimetre values (e.g. if one measurement was 66.4 and the other was 66.5), use the higher of the two values.
10. Ask the child to stand perfectly still - "Be a statue."
11. Once the green light stops flashing, the Tanita will print the results. From this printout, record the weight, to the nearest gram, on the recording sheet.
12. Check the Impedance – if it is less than 350.0 Ω , take the weight again.
13. On the top of the printout, write the child's ID number and date of birth. Staple the printout to the recording sheet.



14. If an error message occurs, check the table overleaf and adjust if required. If error messages occur repeatedly press “weight only” button, to obtain weight.

Note the following in the comments sections of the measurement recording sheet:

- If you successfully obtained the weight but the child had a cast, amputation or medical prostheses.
- If you successfully obtained the weight but the child retained heavy clothing or items on his/her person for cultural reasons.
- If the child refuses to remove their shoes in order to step on the scale.
- If you were unable to obtain the weight for whatever reason state why.

Error Messages:

Error	Meaning	Action
E- 01	Abnormal impedance compared to height and weight. E.g. problem with electrode contact, feet dirty, calluses, poor contact	Improve conductivity by cleaning feet or placing water on electrodes
	If the above does not solve the problem, it means the body fat ratio exceeds the measuring capacity	Unable to proceed
E-11	Measurement impossible because of excessive vibration or electrical noise	Use in another place
E-12, 13, or 14	Machine requires adjustment	
E-16	Impedance measurement unstable	Improve conductivity by cleaning feet or placing water on electrodes

No printout	No. of print outs selected is <0, an incorrect brand of paper has been used, the paper roll is in an incorrect position or there is a paper jam	Ensure the machine has been instructed to printout and the correct paper is being used. Open the paper hold and check the position of the paper and clear any jams
P-End	Paper has ran out or is jammed	Ensure there is paper on the roll and that the Paper Release Lever is not in "Up" position
Uuuu	Power has been turned off during measurement	Do not place anything or stand on scales before starting measurement
----	Maximum weight capacity has been exceeded	Record this on the recording sheet
Feed key not functioning	No of print outs selected is 0 Weight scale mode is selected	Use Body Fat Measurement Mode and select >0 for number of printout

USE AN ANTIBACTERIAL SPRAY TO CLEAN THE SCALES IN BETWEEN EACH CHILD

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