



Arizona WIC – Anthropometric/Laboratory Observation

REVIEWER: _____

DATE: _____

AGENCY: _____

CLINIC: _____

ANTHROPOMETRICS	1	Comment	2	Comment
Certifier Name				
Lab Tech Name				
Participant ID No.				
Category				
Appointment Type				
Medical data <60 days old				
Height & Weight				
Scales are zeroed and balanced before weighing individual				
Infant, child or adult weighed accurately				
Dry diaper				
Light clothing				
Without shoes				
Weighed twice				
Weighed to nearest ounce				
Infant or recumbent child measured accurately				
Length board used for infants & children under 24 months or unable to stand unassisted				
Measured on a standardized length board with non-movable headboard and a non-flexible footboard				
Length measured twice				
Both legs are grasped and straightened for measurements				
Length measured to nearest 1/8 inch				
Standing child or adult measured accurately				
Standing height used for children over 24 months & women				
Measured using a standing height board or non-stretched tape with a flat headboard				

√ = Complete, done correctly

∅ = Incorrectly done or not done

N/A = Not applicable

Heels slightly apart				
Heels, buttocks and shoulder blades touching wall				
Eyes straight ahead with arms at sides				
Without top hair adornment				
Height measured twice				
Height is measured to nearest 1/8 inch				
Blood Work Lab Procedure				
Site preparation techniques				
Cleansed & gloved hands for each test				
Gloves remained on until cuvette was disposed				
Correct site chosen (middle or ring finger, cannot have ring, heel when appropriate)				
Cleansed & dried site, site held to distend skin				
Correct puncture site and depth, first 2 - 3 drops wiped, pressure / bandage applied (no bandage under 2 years)				
Correct collection techniques				
No squeezing / milking to collect blood, other method used				
Correct cuvette techniques				
Cuvette container with lid on and stored at room temp				
The sharp edge of the cuvette is pointed downward				
Filled in one step to front edge, excess blood wiped off				
Checked for air bubbles, discarded if present				
Disposed of used supplies properly in Biohazard / Sharps containers/trash can				
Disposed of gloves after each test & cleansed hands				
Blood values recorded accurately				
Appropriate alternate code used, if applicable: <ul style="list-style-type: none"> • 99.5= pending (give one month); • 99.6= hemophilia or religion prevents draw; • 99.7= blood work is not required at this cert; • 99.8= draw will create safety hazard 				

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