Checklist for Assessing the Office Environment

Exam Room

☐ Stepstool with handle for exam table access
☐ Large size gowns
☐ Large and extra large adult and thigh blood pressure cuffs
☐ Long vaginal specula
☐ Wide examination tables, bolted to the floor
☐ Hydraulic tilt tables, if possible
☐ Sturdy armless chairs

Waiting Room

☐ Open arm chairs that can support more than 300 pounds
☐ Firm sofas that can support more than 300 pounds
☐ Ensure 6–8 inches of space between chairs
☐ Weight-sensitive reading materials
☐ Doors and hallways accommodate large size wheelchairs, walkers, scooters
☐ Bathrooms with split lavatory seat with handled urine specimen collector
☐ Bathrooms with properly mounted grab bars and floor-mounted toilets

Scale

☐ Wide based scale that measures > 350 pounds
☐ Meets established accuracy requirements
☐ Accessible for patients with disabilities
☐ Situated in a physical location that offers privacy and confidentiality
☐ Wide platform with handles for support during weighing


For more information on weight bias, please visit www.UConnRuddCenter.org