**QBL Measurement**

**=**

**weight of blood soaked item**

**–**

**weight of dry weight**

**(x1000 for kg scale)**

**1g = 1mL**

*Don’t forget to zero your scale and change to g/kg!*

4x4 Gauze 2g

Lap Sponge 20g

Mesh Undies 26g

 Depends 80g

Washcloth 28g

Peripad 28g

Blue Chux 38g

Blue Towels 53g

White Chux 133g

Peri Ice Pack 162g

Cloth Chux 447g

VIP Towel 451g

Fitted sheet 618g

**1g = 1mL**

**Dry Weight Quick Reference**