

# BODY FAT WORKSHEET

**Occupational Health Programs  
Chief Administrative Office  
County of Los Angeles**

Client Name: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Date of Testing: \_\_\_\_\_  
 Clinic Location: \_\_\_\_\_

The County requires that contractors use the County's four-site skin fold procedure to estimate body fat. For complete details see the County's Clinical Testing Procedures (<http://cao.co.la.ca.us/mpn/OHP/pdf/cpg.TESTING%20PROCEDURES.pdf>).

All measurements must be made on the right side of the body with the subject standing upright. A minimum of two tests at each site is required. Complete all of the initial tests at each site recording each measurement to the nearest 0.5 mm. Thereafter, start over and complete a second test at each site. Be sure to do the second test in the same order as the initial testing. Take a third measurement if the duplicate measurements at a site differ by more than 2.0 mm.

Skin Fold Site	Initial Test (T1)	Second Test (T2)	Difference between Tests	Third Test if Difference >2.0 mm	Average of T1 and T2, or, Average of the two closest measurements
Subscapula					
Triceps					
Biceps					
Suprailiac					

Name of Technician \_\_\_\_\_ Sum = \_\_\_\_\_ mm

Use the table below and the sum of the far right column to calculate body fat.

Sum of 4 Skinfolds	% Body Fat		Sum of 4 Skinfolds	% Body Fat		Sum of 4 Skinfolds	% Body Fat	
	Male	Female		Male	Female		Male	Female
60	22.0	30.5	78	25.3	34.4	96	27.9	37.5
61	22.3	30.8	79	25.5	34.6	97	28.1	37.7
62	22.5	31.0	80	25.6	34.8	98	28.2	37.8
63	22.7	31.3	81	25.8	35.0	99	28.3	38.0
64	22.8	31.5	82	25.9	35.1	100	28.4	38.1
65	23.0	31.7	83	26.1	35.3	101	28.6	38.3
66	23.2	31.9	84	26.2	35.5	102	28.7	38.4
67	23.4	32.2	85	26.4	35.7	103	28.8	38.6
68	23.6	32.4	86	26.5	35.9	104	28.9	38.7
69	23.8	32.6	87	26.7	36.0	105	29.1	38.9
70	24.0	32.8	88	26.8	36.2	106	29.2	39.0
71	24.1	33.0	89	27	36.4	107	29.3	39.1
72	24.3	33.2	90	27.1	36.5	108	29.4	39.3
73	24.5	33.4	91	27.3	36.7	109	29.5	39.4
74	24.7	33.6	92	27.4	36.9	110	29.7	39.6
75	24.8	33.8	93	27.5	37.0	111	29.8	39.7
76	25.0	34.0	94	27.7	37.2	112	29.9	39.8
77	25.2	34.2	95	27.8	37.3	113	30.0	40.0

For applicants, record body fat measurements outside of the above ranges as either "<" or ">" the limits in the table. For Firefighter Wellness and Executive Medicals, use the expanded table in the County of LA Clinical Testing Procedures.