

# How to Measure Height



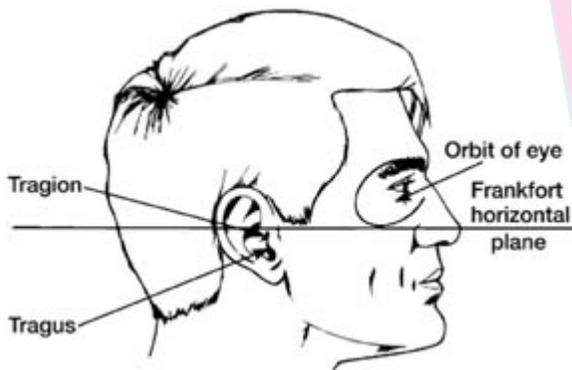
## Equipment Needed

- Stadiometer- A stadiometer is a vertical board with attached measurements and a movable horizontal board which can be brought down into contact with the head
  - Do not use the device attached to some weighing scales-these are not accurate.
- Form and pen to record height

## Instructions

1. Have the student remove heavy outer clothing (such as coats, jackets and vests), shoes, and hair accessories located on the top of the head.
2. Instruct the student to stand with heels, buttocks and upper back (but not necessarily the head) touching the stadiometer. Feet should be together, with arms hanging in a relaxed position by the sides of the body.
3. Have the student look straight ahead with their line of vision parallel to the floor, also known as the Frankfort plane position (see figure below).
4. Move the adjustable headboard on the stadiometer down to the uppermost portion of the head, compressing the hair, if necessary. Lower the board until it firmly touches the crown of the head.
5. Hold the headboard in place and have the student step away from the stadiometer.
6. Read the height on the vertical board and record it immediately on the participant's height form.

### Frankfort Plane



**Reminder!**

### Avoid These Common Mistakes

- ⊗ Not using Frankfort plane.
- ⊗ Improper position.
- ⊗ Using straight rule instead of right angle block.
- ⊗ Using height rod on weight scales.
- ⊗ Measuring on carpet.
- ⊗ Shoes are not removed.