**Stadiometer: Measuring Height**

**2 to 19 Years of Age**

**STEP 1: Preparation**
- Remove shoes, hats and bulky clothing such as coats and sweaters
- Undo hair styles and remove hair accessories that may interfere with measurement

**STEP 2: Child positioning is important!**
- Ask the child to stand against the stadiometer with heels together, legs straight, arms at sides and shoulders relaxed

**Staff Role**
- Bring the headpiece down to touch the crown of the head with enough pressure to compress the hair
- Measurer’s eyes should be parallel with the headpiece to read the measurement

**Child Positioning**
- Head, shoulders, buttocks, and heels touching vertical surface
- Eyes should be looking straight ahead
- Chin not tucked or stretched too far back

**STEP 3: Read and record the measurements**
- Measure to the nearest 0.1 cm and record
- If the child cannot stand unassisted, measure recumbent length, **subtract 0.7 cm** to convert to height

**STEP 4: Checking calibration**
- Check with calibration rod monthly and record