

Stadiometer: Measuring Height

2 to 19 Years of Age

STEP 1: Preparation

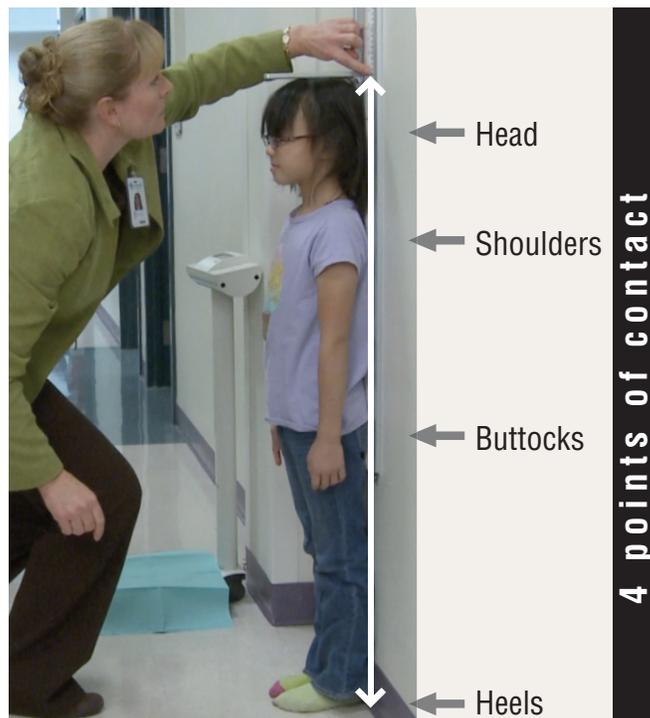
- Remove shoes, hats and bulky clothing such as coats and sweaters
- Undo hair styles and remove hair accessories that may interfere with measurement

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