

How to Measure Height for Children 2 Years and Older and for Adults

1. Use a height board (shown in the picture) or fasten a non-stretchable tape measure securely to a wall.
2. Place the height board vertically on a flat surface.
3. Remove the client's shoes and headwear.
4. Make sure the shoulder blades, buttocks, and heels touch the vertical surface of the board and the feet are flat on the floor, close together and touching the back of the board. The legs and back should be straight, with arms at the sides. The shoulders should be relaxed and touching the board. The head need not touch the board.
5. Ask the client to stand straight and tall and look straight ahead.
6. Hold the client's head so he or she is looking straight ahead. Bring the moveable head piece to rest firmly on the top of the client's head.
7. Read the measurement aloud to the nearest 0.1 cm.
8. Ask another health care provider, who is holding the client's feet, to repeat the measurement for verification and record it.

Materials needed

Length/height board that measures in centimeters (cm) to the nearest 0.1 cm (stadiometer)

