

How to Measure Length for Children under 2 Years and for Adults too Weak to Stand

1. Place the length board (shown in the picture) on a table or the ground.
2. Remove the client's footwear and any head covering.
3. Place the client on his or her back in the middle of the board with his or her arms at the sides and feet at right angles to the board. The heels, knees, buttocks, and back of the head and shoulders should touch the board.
4. Position the client's head so his or her eyes point straight up. Gently bring the top of the head to touch the fixed end of the board.
5. Hold the client's ankles or knees. With the other hand, slide the moveable foot piece to the client's feet until both heels touch it.
6. Immediately remove the client's feet from the foot piece to prevent the client from kicking, holding the footboard securely with the other hand.
7. Read the measurement aloud to the nearest 0.1 cm.
8. Ask another health care provider to repeat the measurement for verification and record it.
9. If the child is 2 years of age or older or 87 cm or taller when standing up, subtract 0.7 cm from the measurement.

Materials needed

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

