

Measuring Height 2-18yrs

Every paediatric clinical area should have a calibrated manual or electronic stadiometer, wall mounted stadiometer or other validated stadiometer

1



Remove shoes and hats (religious headwear can remain in place, but a note of this should be documented in the child's medical records)

2



Ask the child to stand upright so that their heels, buttocks and shoulder blades touch the equipment's vertical scale

3



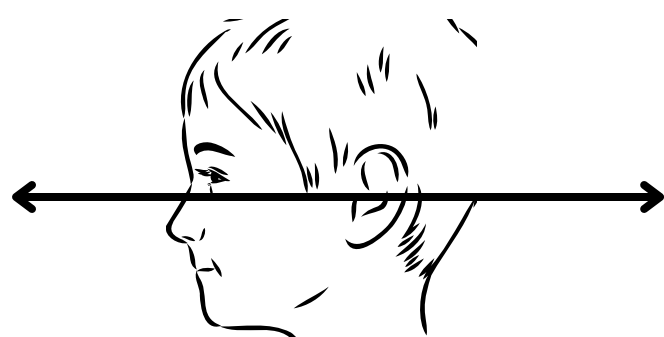
Their arms should be relaxed, legs straight and the feet flat on the ground

4



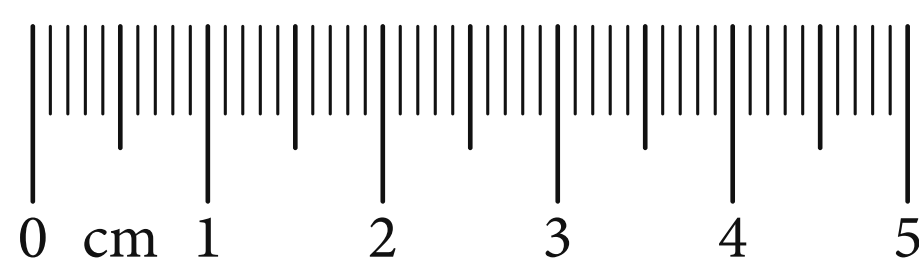
The measuring arm should rest firmly on the child's head (not on top of their hair)

5



Using both hands position the child's head horizontally into the Frankfurt Plane. Frankfurt Plane is an imaginary line from lower boarder of eye socket to the centre of the ear

6



Whilst the child's head is in your hands, read off the measurement to the nearest 0.1cm