

## Working Practice Guideline for Obtaining Height & Weight

### Height



#### EQUIPMENT

- Height measure

#### PROCEDURE

- Ask the participant to remove their shoes and any bulky clothing (e.g., jacket, coat, cardigan).
- Raise the head plate of the height measure, and ask the participant to stand with their feet flat on the centre of the base plate, with their feet together and heels against the rod.
- Their back should be as straight as possible, against the rod but not leaning on it and their arms should be hanging loosely by their side.
- The participant's head should be in a horizontal position.
- Ask the participant to look straight ahead, breathe in deeply and stretch to their fullest height.
- Lower the headplate until it is resting on the participant's head, and then ask them to step forward.
- Record the height to the nearest cm, where the arrow points to the measuring scale.

#### EXCLUSIONS

Participants who are unable to stand.

## Weight



### EQUIPMENT

Weighing scales

### PROCEDURE

- Ask participants to remove all outer layers of clothing (e.g., jackets, heavy or baggy jumpers, cardigans, or waistcoats) and shoes, and to empty their pockets and remove any heavy jewellery.
- Ask the participant to stand on the scales with their feet together in the centre, their weight evenly distributed and their heels against the back edge.
- Their arms should be hanging loosely at their sides and their head facing forwards.
- Once the scales have stabilised, record the reading in kg to the nearest 100 g. Repeat the measurement, and if the reading is different, repeat a third time and take the average of the three readings.

### EXCLUSIONS

Those unable to stand