

# Height and Weight Measurements

## Taking weight measurements

To ensure you take reliable measurements using body weight scales you must:

1. Zero the scales before the client steps onto them
2. Ask the client to remove any 'heavy' items from their pockets (key's, wallets etc) and remove any heavy items of clothing or apparel (jackets, shoes, heavy jerseys etc)
3. Assist client slowly onto scale surface.
4. When measuring weight – ask client to look straight ahead and stay still on the scales. Wait for the needle/digital screen to settle before recording the measurement



## Taking height measurements

Ideally height measurements will be taken using a 'drop down' tape measure fixed at about 2metres on a wall or a specific piece of measuring equipment as shown adjacent. A reliable measurement could be taken without this equipment by marking a point (top of clients head) against a wall and measuring up to it.

When taking measurements of height you must:

1. Ask your client to remove their shoes prior to taking the measurement
2. Ask your client to stand with their back to the wall and look directly forward. Their upper back should be in contact with the wall or stadiometer surface. They should be positioned directly underneath the drop down measuring device.
3. Lower the measuring device until it rests gently on the top of your clients head and record the measurement

