

# Measuring the Height of Adolescents and Adults



- Step 1** Use a height board or fasten a non-stretchable tape measure securely to a wall.
- Step 2** Place the height board vertically against a flat surface.
- Step 3** Client to remove shoes and headwear.
- Step 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.
- Step 5** Client to stand straight and look straight ahead. Head does not need to touch the board.
- Step 6** Bring the moveable head piece to rest firmly on the top of the client's head.
- Step 7** Record the measurement aloud to the nearest 0.1 cm.

