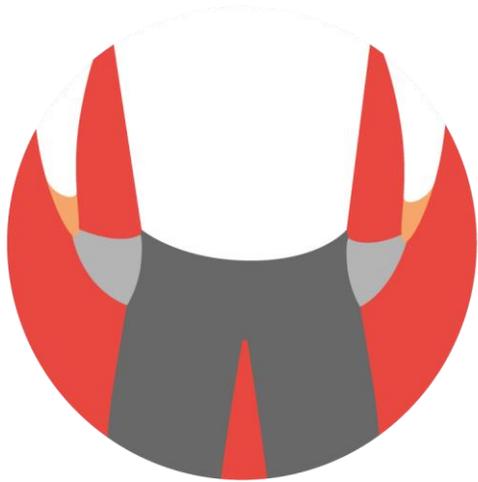


Measuring Weight

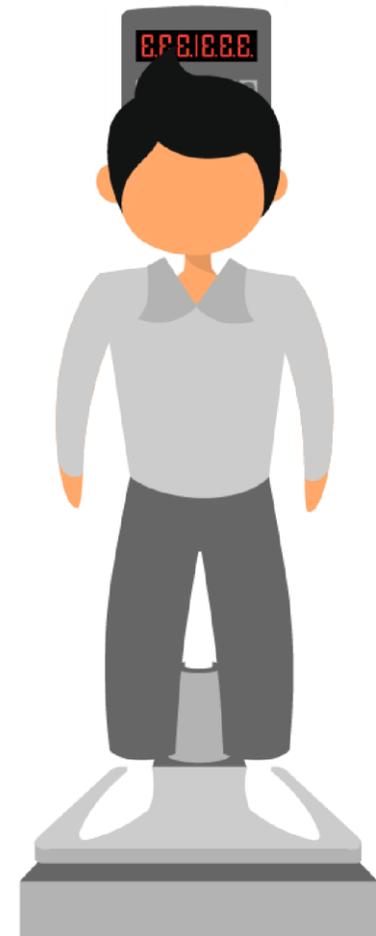


- Remove shoes, heavy outer clothing, hats, and barrettes.
- Empty pockets of any objects (keys, change, wallet, mobile).
- Undo a hairstyle that interferes with measurements.



How to measure the weight?

- Have the student step on scale platform, with both feet on platform.
- The student should stand still on the center of the platform, weight distributed evenly on both feet; standing off-centre may affect measurement.



How to record the weight?

- Record the weight to the nearest 0.1 kg (100 grams). If the weight is recorded manually, make sure the numbers are written clearly to avoid confusion.
- After measuring and recording the weight, return the scale to zero to ensure the privacy of each student.

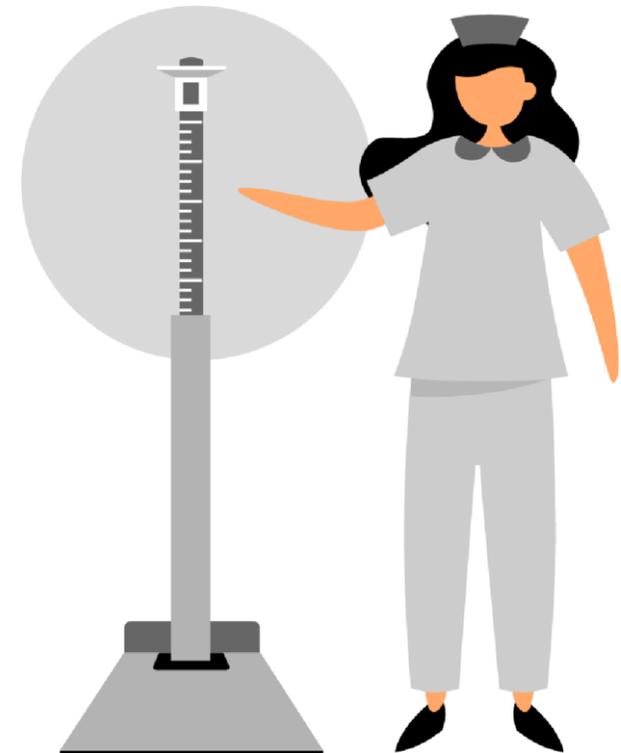


Measuring Height



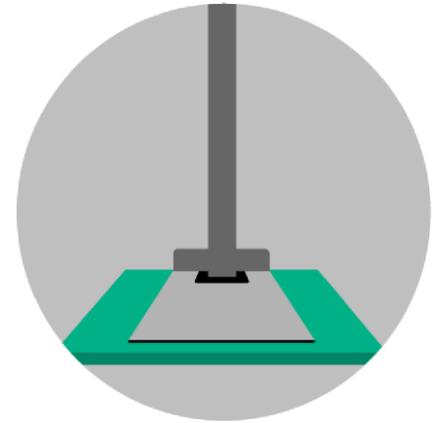
How to measure the height?

- It should be verified that the upper part of the measuring rod is straight and vertical and the head piece is not bend or curved.



How to measure the height?

- The floor surface under the stadiometer must be hard. If no such floor is available, a hard wooden platform should be placed under the height rule.





Legs straight and
knees together



Legs to be
together



Arms on the
sides



Shoulders relaxed



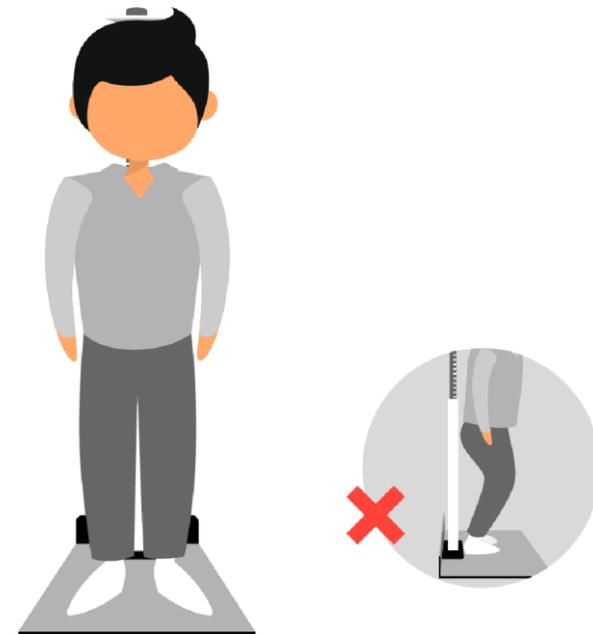
Back straight



Look straight

How to measure the height?

- Make sure the student's knees are not bent, legs are together, arms are at the sides, and shoulders are relaxed.
- The student should stand with the back as straight as possible. Weight should be evenly distributed on both feet.



How to record height?

- Read the measurement at eye level.
- Height is recorded to nearest 0.1 cm. If the height is recorded manually, make sure the numbers are written clearly to avoid confusion.

