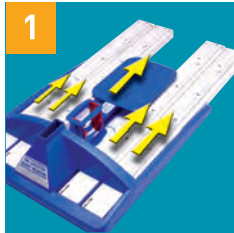


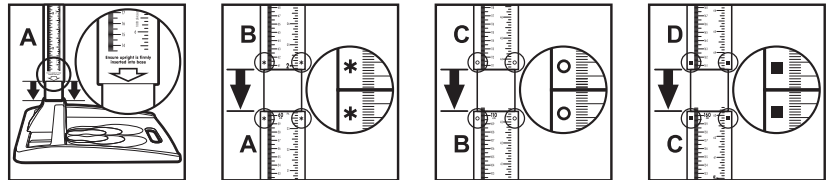
# LEICESTER HEIGHT MEASURE MkII USER GUIDE

You have just acquired the update (Mk II) version of the Leicester Height Measure. If you are replacing your Mk I version ensure that you do not use any Mk I components on your new equipment. The Mk II is recommended universally by the Child Growth Foundation.



## Assembling the Height Measure

1. Remove the four white upright inserts and unlock the blue head rest from its secure carrying position in the base plate by sliding it forward (see illustration 1).
2. Remove the two stabilisers from their storage in the ends of the white uprights (see illustration 2).
3. Slot the white uprights firmly together and check that the bottom section (marked with an arrow) sits firmly in the base plate slot (see illustration 3) and that the symbols; \*, ● and ■ are matched correctly (see diagrams below).

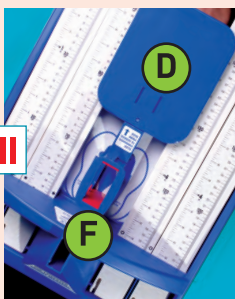
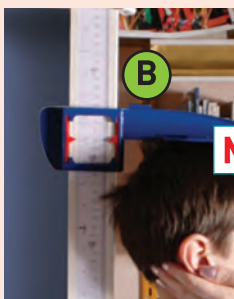
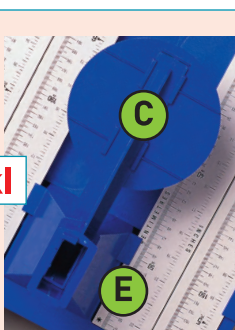
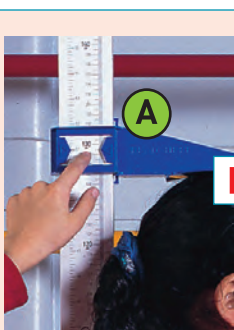


4. Slide one of the two white stabilisers onto the upright, then the blue measuring arm and then slide the second white stabiliser above it (see illustration 4). Position the stabilisers so that they are clear of the joins on the upright sections.
5. Place the base plate on a firm, level surface. Both stabilisers should rest against a wall to ensure rigidity. An accurate measurement cannot be guaranteed without the Leicester Height Measure being installed in this way.



## Steps to accurate measurement

1. Stand the subject to be measured on the 'footprints', preferably barefoot, with his/her heels together and touching the backstop (see illustration 1).
2. Check that the legs are straight and position the buttocks and shoulder blades touching the uprights (see illustration 2). The shoulders should be relaxed and arms placed to the side. Remove any headgear where appropriate.
3. Position the head in the Frankfurt Plane with both hands having lowered the measuring arm firmly onto the head. The Frankfurt Plane is an imaginary horizontal line running between the ear hole and the lower border of the eye (see illustration 3). This will allow the full height of the child from the crown to the feet to be measured to a maximum of 2.10m.
4. Read off the height to the last completed millimetre at the red arrow pointing to the Metric scale. Record and plot the data on a centile chart and use it to calculate Body Mass Index (BMI) where appropriate. Date and initial the recording. The second red arrow pointing to the Imperial scale may be read only to inform anyone unfamiliar with the Metric system (see illustration 4).



## Dismantling the Height Measure

Remove the stabilisers and measuring arm and slot the uprights into the housing on either side of the base plate slots. Store the two stabilisers into the ends of the uprights. Remember to slot the measuring arm back into the base plate for safe keeping during transit.



### PLEASE NOTE:

- Parts are not interchangeable between Mark I and Mark II versions.
- A Measuring on MkI is via a rectangular window with blue pointers.
  - B Measuring on MkII is via a square window with red pointers.
  - C MkI headpiece is round.
  - D MkII headpiece is rectangular.
  - E The MkI base does not have a cross bar.
  - F The MkII base does have a cross bar.