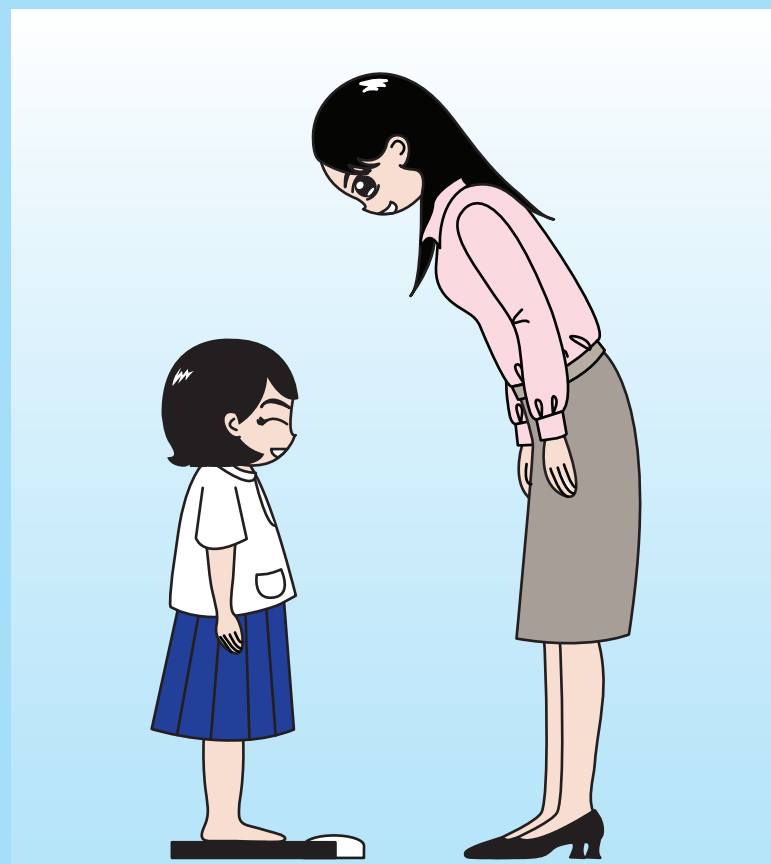
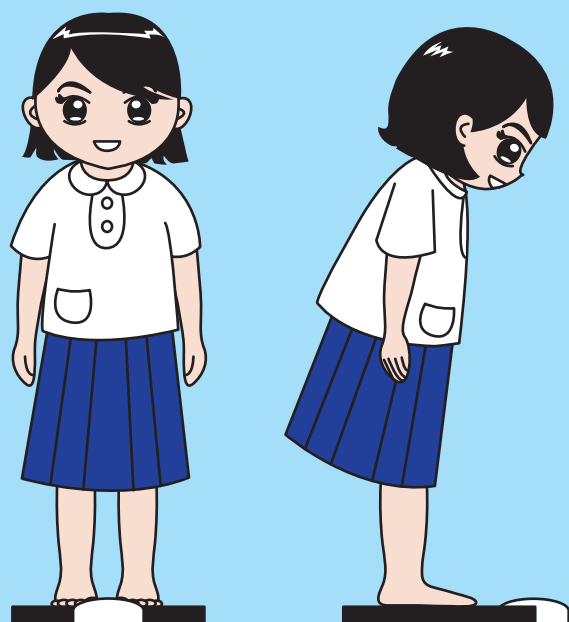


PRINCESS SIRINDHORN PROJECT

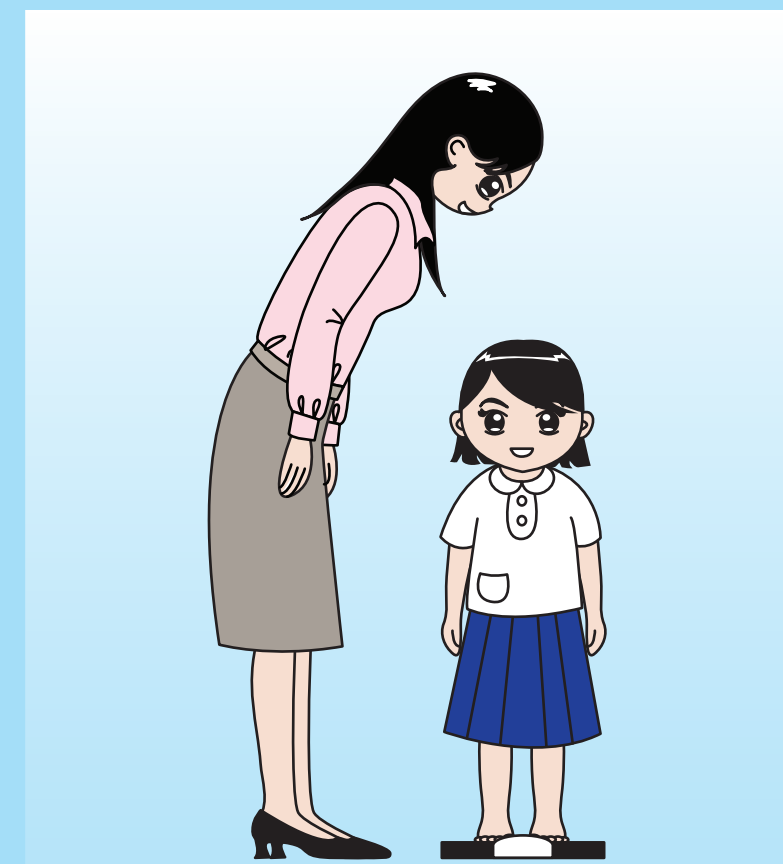
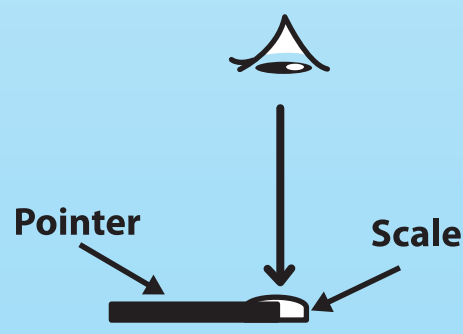
Procedure for Weighing

- Set the balance on smooth floor
- Check ZERO before use the balance
- Test the scale with Standard Weight
- Ask the child to take off thick cloth and heavy thing in his/her pocket (or on the body)
- Tell the child stands at the center of the balance, does not touch anything & looks straight until finish the recording
- Read (the scale) & record carefully

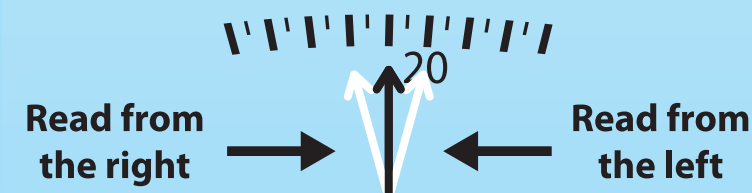
Stand at the center of the balance, look straight



READING VERTICAL LINE



HOW TO READ THE SCALE ?

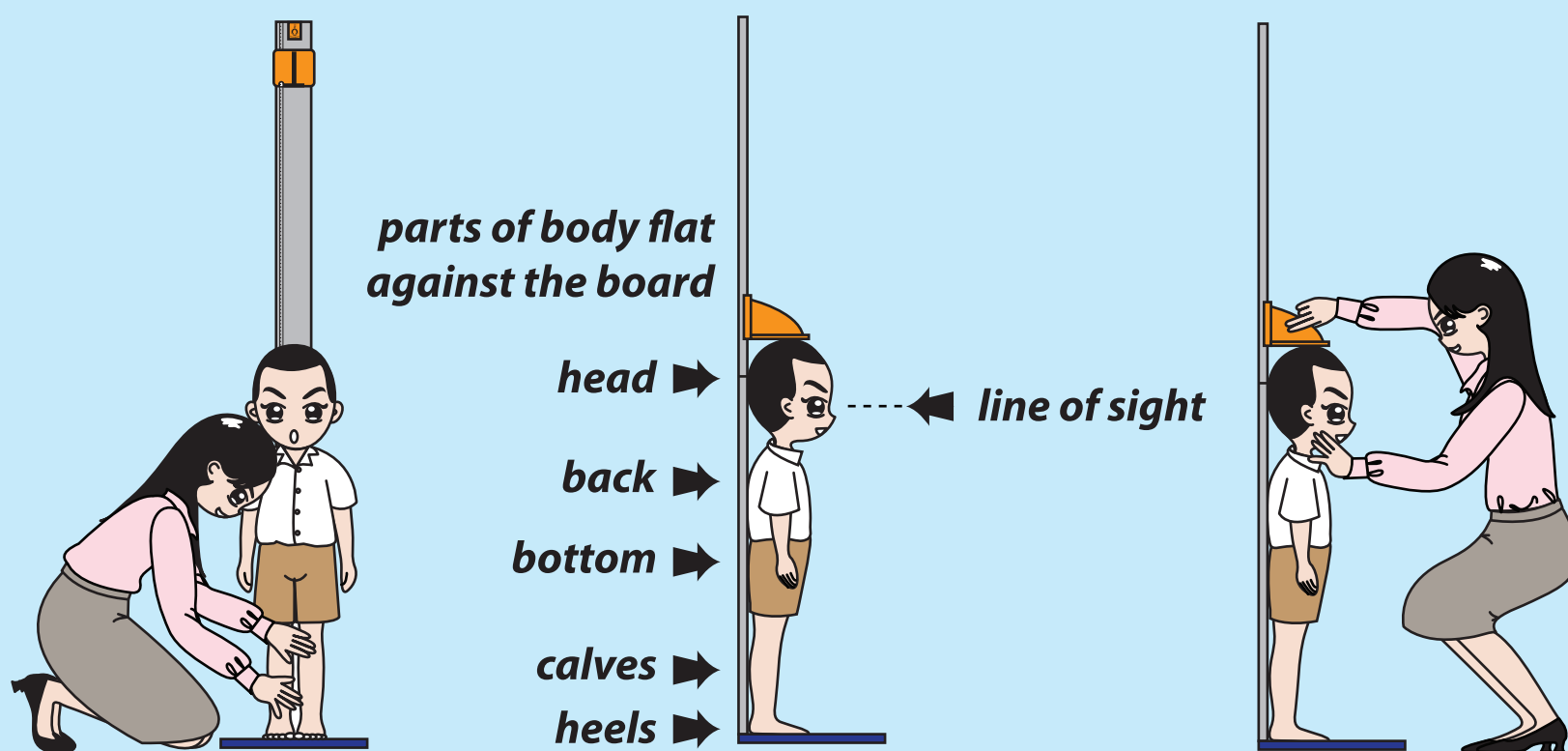


Standing position on the balance



Procedure for Measuring Height

- Place the measuring board on a hard flat surface against a wall, pore etc. and smooth floor
- Make sure the measuring board is in correct position and stable
- Remove child's shoes and unbraid any hair
- Place the child's feet flat & together, legs are straight & heels, calves & body flat against the board
- Tell the child to look straight (Frankfort Plane)
- Lower the headpiece on top of the child's head
- Immediately read (horizontal line) & record



parts of body flat against the board

head

back

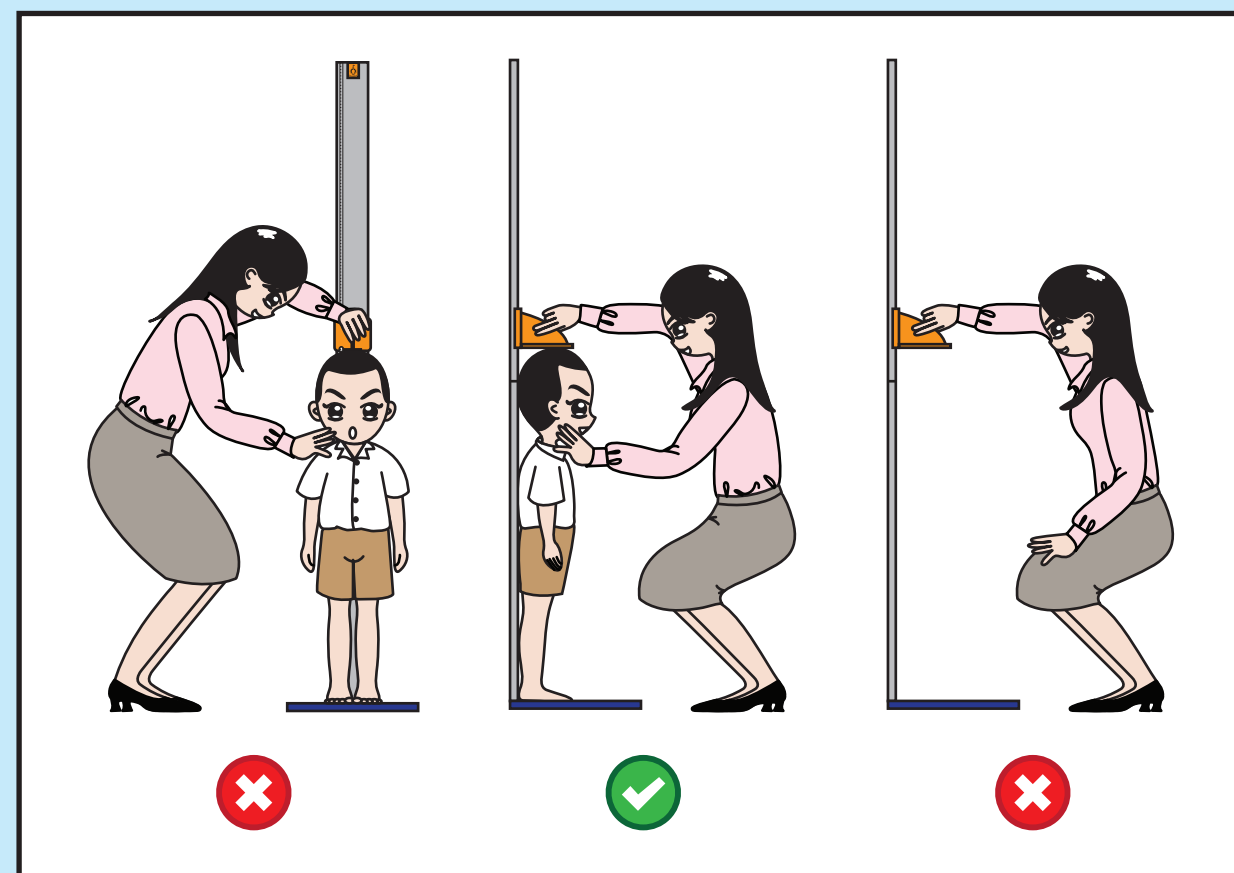
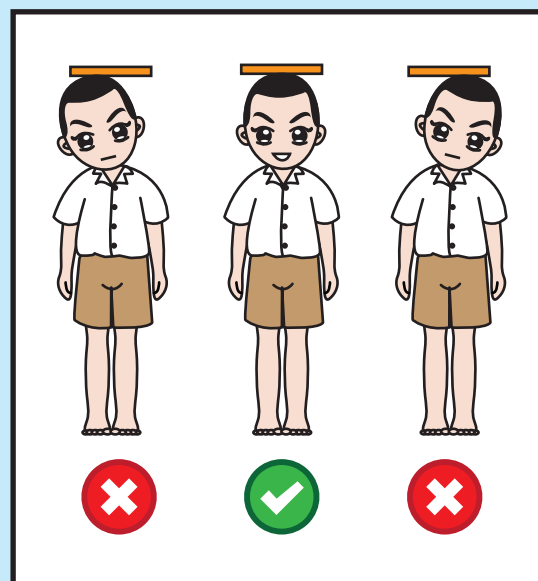
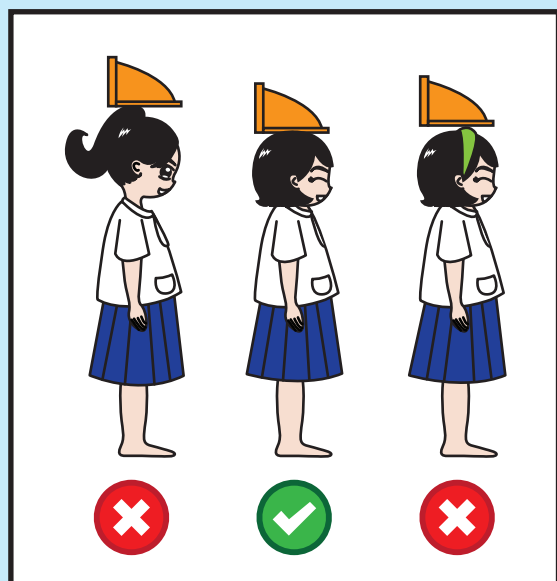
bottom

calves

heels

line of sight

Red marked line for scale Reading



1 2 3 4 5 6 7 8 9 0

Number Writing