

# 1. Height

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## TOP TIPS

Choose a good location

- If possible, the floor should be hard, avoid floors with carpets or rugs
- Find a place where you can clearly see a sticker on the wall
- You should be able to stand with your back flat against the wall

### Step 1:



Make sure you have bare feet and are standing against a tall, solid wall.

### Step 2:



Lay a thin, flat object on top of your head e.g. a book

### Step 3:



Whilst holding the book still, place a sticker at the point where the object meets the wall.

### Step 4:



Stand on the tape measure to measure the distance from the floor to the reference point. Make sure the tape measure starts at 0cm.