Biomedical Measurement
Things to Remember

Weight x 1

• Remove heavy clothing
• Remove items from pockets
• Remove shoes
• If shoes not removed make a note

Height x 1

• Remove shoes
• If shoes not removed measure heel of shoe and deduct from height
• Heels to the back of the wall
• Head straight – looking forward not up

BP x 2

• Have you got the correct cuff size?
• Rest arm on a pillow if no desk to rest on
• Remove any constricting clothing

Waist measurement x 3

• Shirts untucked
• Clothing pulled down to smooth the way
• Find the top of the hip and bottom of the rib – measure in the middle
• Tape straight all the way round, no dips at the front
• Measure ladies on the side (this will help prevent the tape dipping at the front)
• Don’t tuck your fingers in the tape
• Tape firm NOT tight

If in doubt contact a lead trainer

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