

INSTRUCTION MANUAL
MICROTOISE
Model : PL 202



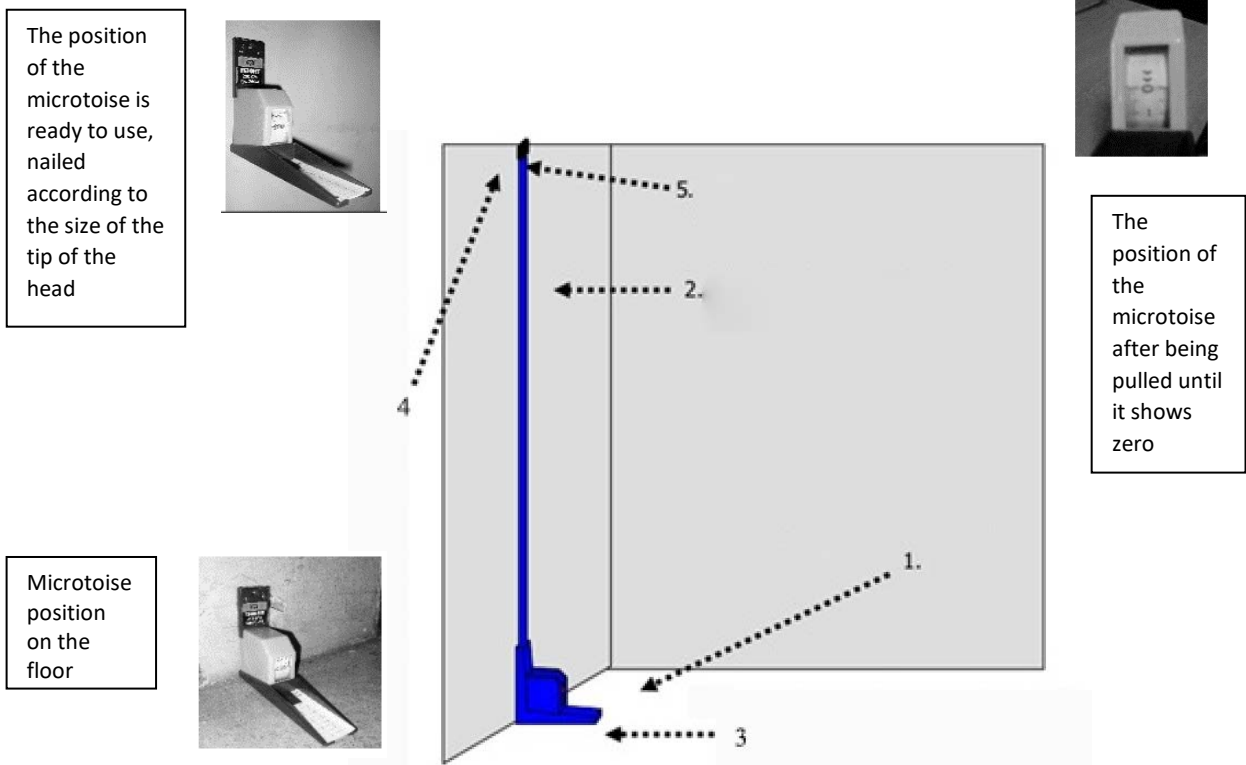
Examination of height in children over 2 years old and adults

A. Tools and materials

1. Microtoise
2. Anthropometric form
3. Stationery for taking notes

B. Preparation Stage (How to install a microtoise)

1. Hang a pendulum of yarn to help attach the microtoise to the wall so that it is perpendicular.
2. Place the measuring device on a FLAT floor not far from the pendulum and stick to the wall. The walls should not have indentations or protrusions (flat).
3. Pull the slider board perpendicular to the top, parallel to the hanging bobbin thread and pull until the number in the reading window shows 0 (ZERO). Then nailed or glued with duct tape on the top of the microtoise.
4. To avoid changing the position of the tape, apply the adhesive again at a position about 10 cm from the top of the microtoise



Notes :

1. Choose a flat floor
2. Choose a flat and perpendicular wall
3. Place the microtoise with the part that will stick to the head and tightly on the floor
4. Pull the tape up, stick it on the wall until the reading window shows zero
5. Nail or glue the ends of the tape to the wall

C. Implementation Stage

Checking height with microtoise

- Make sure shoes, socks and hair ornaments are removed.
- Position the toddler or patient standing upright under the microtoise with his back to the wall
- Position the head of the toddler or patient under the microtoise slide, look straight ahead. The microtoise position on the floor. The ready-to-use microtoise position The microtoise position after being pulled until it shows zero 20
- Position the toddler upright, the back of the head, shoulder blades, buttocks and heels against the wall. Because this position is difficult for obese children, there is no need for the four points to be attached to the wall, as long as the spine and waist are in balance (not bent or looking up).
- Position both knees and heels together
- Pull the head of the microtoise up to the top of the head (vertex) of the toddler or patient
- Read the numbers in the reading window when the toddler or patient takes a breath (inspiration) and the reader's eyes must be parallel to the red line. The numbers read are those on the red line from small numbers to large numbers
- Record the result of height measurement
- Take the measurement three times to increase measurement accuracy.
- Recording is done with accuracy up to one digit behind the comma (0.1 cm). Example 157.3 cm; 160.0 cm; 163.9 cm

D. Interpretation of Results

Number reading is done by aligning the eye with the red line on the reader window. This is done to avoid reading errors.

Notes :

- 1. Move the slide until it touches the top of the patient's head. Make sure the slide is right in the center of the patient's head. In this case the back of the slide must remain against the wall.*
- 2. Read the height number in the reading window towards the larger number (down). The reading is done right in front of the number (scale) on the red line, at the eye level of the officer.*
- 3. If the meter is lower than the one being measured, the meter must stand on a bench so that the reading is correct.*