seca 2161814009

Seca Mechanical Stadiometer Model 216 Instruction Manual

Model: 2161814009

1. Product Overview

The Seca Mechanical Stadiometer Model 216 is a precise and reliable device designed for measuring the height of both children and adults. It features a removable measuring tape, graduated from 3.5 to 230 centimeters, which can be inserted into a 138-centimeter plastic profile. This design allows for flexible installation at various heights, accommodating different user needs. The stadiometer ensures accurate readings, which are easily visible through a side reading window. An adjustable headpiece with a locking screw secures the measurement result, preventing accidental changes. Its dual-sided measuring tape makes it suitable for international use, offering measurements in centimeters or centimeters/inches depending on the tape's orientation.

2. Setup and Installation

The Seca Mechanical Stadiometer Model 216 is designed for easy assembly and wall mounting. Follow these steps for proper installation:

1. **Choose Location:** Select a flat, vertical wall surface free from obstructions. Ensure there is enough clear space for the full measurement range (up to 230 cm).
2. **Determine Mounting Height:** The stadiometer's plastic profile is 138 cm long. Decide the desired measurement range. For example, to measure adults, the lower end of the profile should be positioned appropriately above the floor.
3. **Secure the Profile:** Using appropriate fasteners (not included), securely attach the plastic profile to the wall. Ensure it is perfectly vertical using a spirit level for accurate measurements.
4. **Insert Measuring Tape:** The removable measuring tape can be inserted into the plastic profile. It is dual-sided, offering measurements in centimeters on one side and centimeters/inches on the

other. Choose the desired unit and insert the tape accordingly.

5. **Attach Headpiece:** Slide the adjustable headpiece onto the profile. It should move smoothly along the track.



Image: Adjusting the measuring tape within the stadiometer's profile during setup. This image shows how the tape can be positioned to select the desired measurement range or unit.

3. Operating Instructions

To obtain accurate height measurements, follow these steps:

1. **Position the Subject:** Have the person stand directly against the wall where the stadiometer is mounted. Ensure their heels, buttocks, shoulders, and the back of their head are touching the wall (if possible). The person should stand tall with their head in the Frankfort plane (the line from the lower border of the eye socket to the upper margin of the external auditory meatus should be horizontal).
2. **Lower the Headpiece:** Gently lower the adjustable headpiece until it rests firmly on the top of the person's head. Ensure it is horizontal and not pressing down excessively.
3. **Lock the Measurement:** The headpiece is equipped with a locking screw. Once the headpiece is correctly positioned, tighten the locking screw to secure it in place. This ensures the measurement remains visible even after the person steps away.
4. **Read the Measurement:** Read the height measurement from the side reading window on the plastic profile. The clear display allows for simple and precise reading of the result.
5. **Record the Measurement:** Note down the measurement. Unlock the headpiece and raise it for the next measurement.



Image: A child being measured using the Seca Mechanical Stadiometer. The headpiece is positioned correctly on the child's head.



Image: An adult assisting with a child's height measurement using the stadiometer, demonstrating proper usage for children.

4. Maintenance and Care

Proper maintenance ensures the longevity and accuracy of your Seca Mechanical Stadiometer Model 216:

- **Cleaning:** Wipe down the plastic profile and headpiece regularly with a soft cloth dampened with a mild disinfectant or soapy water. Avoid abrasive cleaners or solvents that could damage the plastic or markings.
- **Inspection:** Periodically check the measuring tape for wear or damage. Ensure the headpiece slides smoothly along the profile and that the locking screw functions correctly.
- **Storage:** When not in use, ensure the stadiometer is kept in a clean, dry environment, away from direct sunlight or extreme temperatures.
- **Calibration:** Mechanical stadiometers generally do not require frequent calibration. However, if you suspect inaccuracies, compare measurements with a known standard or contact Seca customer support.

5. Troubleshooting

If you encounter issues with your stadiometer, consider the following common solutions:

- **Inaccurate Readings:**
  - Ensure the stadiometer is mounted perfectly vertical.
  - Verify the measuring tape is correctly inserted and aligned.
  - Confirm the subject is standing correctly against the wall and the headpiece is gently resting on their head.
- **Headpiece Not Sliding Smoothly:**
  - Check for any debris or dust in the track of the plastic profile. Clean as per maintenance instructions.
  - Ensure the locking screw is fully disengaged.
- **Locking Screw Not Holding:**
  - Inspect the screw for damage.
  - Ensure it is tightened sufficiently but not overtightened.

If problems persist, contact Seca customer support for further assistance.

6. Specifications

Feature	Detail
Model Number	2161814009
Brand	Seca
Measurement Range	3.5 to 230 cm (depending on installation height)
Measuring Tape Length	Removable, 230 cm
Profile Length	138 cm

Units of Measurement	Centimeters (cm) or Centimeters/Inches (cm/inch)
Type	Mechanical Stadiometer
Material	Plastic
Product Dimensions	152.4 x 25.4 x 13.97 cm (approximate, assembled)
Item Weight	1 Kilogram
Special Feature	Portable
Recommended Use	Children and Adults

7. Warranty and Support

For information regarding warranty coverage, technical support, or spare parts for your Seca Mechanical Stadiometer Model 216, please refer to the official Seca website or contact their customer service department directly. Keep your purchase receipt and model number (2161814009) handy when contacting support.

Seca Official Website: www.seca.com

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