

# Care And Use of the Harpenden Skinfold Caliper

## SETTING AND USING THE HARPENDEN SKINFOLD CALIPER

### CARE AND USE

a) Ensure that your Calipers are clean and open freely and smoothly.

Always clean the Caliper before and after use on a test subject.

b) Open the Calipers to approx 20mm and allow to close several times.

c) Check for repeatability of the zero reading within one division (0.2mm).

d) DO NOT OPEN AND SHUT THE CALIPERS RAPIDLY OR ALLOW THE CALIPERS TO SNAP SHUT. This can cause damage to the Indicator mechanism.

e) When taking measurements, do not allow the calipers to snap shut onto the test subject, as this could cause discomfort.

### SETTING THE CALIPERS

a) To re-set the Dial Indicator to zero, rotate the Bezel to the appropriate position.

b) The Calipers are now ready for use.

c) To calibrate the Harpenden Skinfold Calipers a special Skinfold Calibration Kit can be purchased.

