Harvard University

**Detailed Guidance for Human Subject Research: Anthropometrics**

This is specific guidance for preparation, operation and cleaning of devices that measure anthropometric variables (height, weight and waist circumference). In addition to the device specific procedures illustrated below, general human subject research guidance and research lab specific guidance will be followed during all research activities.

**Pre-Visit Screening Procedures**

* Call the participant and complete the Coronavirus Pre-Visit Screening Form using the participant script prior to visit.
* All study team members complete Coronavirus Screening Form.

**General Procedures**

* Anthropometric measurements necessitate close but short-term proximity between the participant and a study team member.
* Only one study team member and one participant will be present.
* All study team members and the participant wash their hands upon arrival.
* The study team member and the participant wear university-supplied surgical-grade facemasks at all times. The study team member will also wear gloves, a face shield, and a lab coat.
* If possible, the study team member and the participant face opposite directions when close contact occurs.
* All materials are handled on a clean/sanitized surface, e.g. desks or benches. Anything below the waist level is considered as unclean surfaces.

**Procedures for Anthropometrics**

* Preparation
  1. All anthropometric devices (scale, stadiometer and measuring tape) will be disinfected with Lysol disinfecting wipes/bleach or equivalent antiseptic before participant arrival.
* Operation
  1. For weight determination, patients will step onto the scale located in the participant zone and verbally report their weight to the experimenter.
  2. For height determination, patient will straight stand against the stadiometer. They will then indicate to the experimenter that they are ready at which point the experimenter will quickly measure participant height.
  3. For waist circumference determination, the participant will be asked to roll up their shirt to slightly above the navel and face away from the experimenter. At this point the experimenter will approach with the measuring tape and record the participant’s waist circumference.
* Cleaning

1. All anthropometric devices (scale, stadiometer and measuring tape) will be disinfected with Lysol disinfecting wipes/bleach or equivalent antiseptic before participant arrival and placed in a sealable container. Add time and date of experiment to the cleaning log.