

# HARPENDEN SKINFOLD CALIPER

## For measurement of Body Composition



The Harpenden Skinfold Caliper is a precision instrument designed for use in the performance of skinfold thickness measurements (from which estimates of body fat are derived). The use of this instrument has been well established and documented over the past 40 years.

It is a market leader among mechanical calipers for determining the amount of body fat in humans, and has been in use within medical circles and recognised as the industry standard for nearly 40 years. It is used all over the world in applications including diagnostics and research, nutrition/malnutrition, obesity, eating disorder assessment (especially in sport) and juvenile growth disorders.

Skinfold thickness measurements do not measure overall body fat mass or its percentage directly - they rely on validated equations that describe the relationship between measures of skinfold fat, together with other body dimensions and the measured body density. Body fat percentage is determined from the estimate of body density.

Various researchers have now put forward equations which are used with, either, skinfold thickness alone, or in conjunction with other measurements such as body circumference or limb lengths. Two of the most common sets of equations used are attributable to Durnin & Womersley (skinfolds alone) and to Jackson & Pollack (skinfolds and body measurements). The results obtained from the equation are subsequently used in the Siri equation to calculate the body fat.

**The Harpenden Skinfold Caliper is supplied with a handbook which includes:**

- The evaluation and meaning of body composition
- Setting and using the Harpenden Skinfold Caliper
- Taking skinfold measurements
- Maximum preferred/desired fat levels
- Tables for body fat % versus skinfold thickness in males and females of all ages based on the Durnin & Womersley systems
- Body density equations

### TECHNICAL INFORMATION

Range	Resolution	Repeatability	Accuracy
80.00mm	0.20mm	0.20mm	99%

**NOTE:** Resolution is defined as the minimum graduation of the instrument and is not the same as the expected accuracy.



The Harpenden Skinfold Caliper Model: HSB-BI is CE marked in compliance with the Medical Devices Directive 93/42/EEC for a Class 1 Device with measuring function and calibrated using masters traceable to national standards.

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