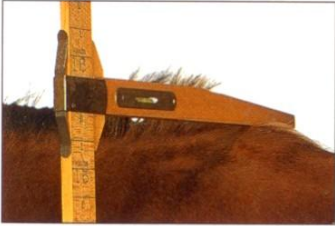


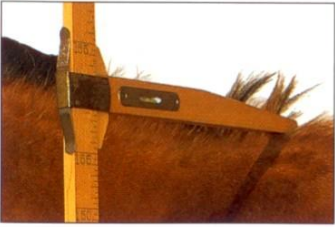
## Horse Measurements

- The **height of a horse is measured in “hands”**. A hand was originally based on the width of the palm of a man’s hand and later standardized as 4 inches (10 cm). The measurement is taken from the ground to the highest point on the horse’s shoulder.

**THE HEIGHT OF A HORSE**

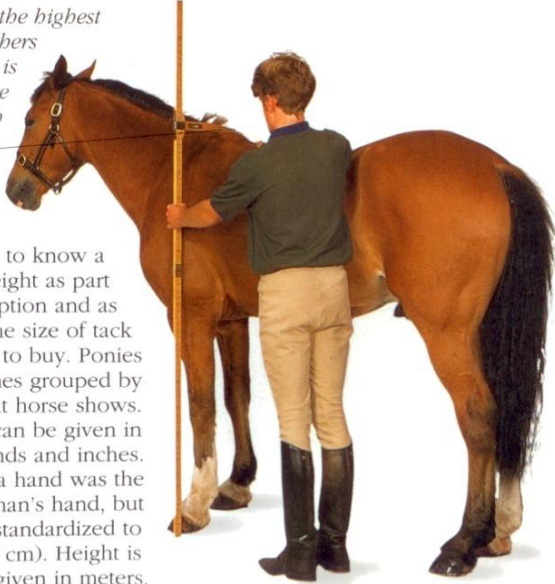


Hands and inches



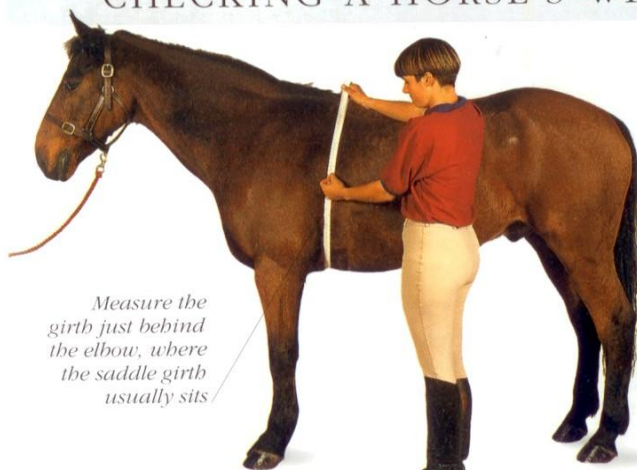
Meters and centimeters

*Measure at the highest point of the withers when the horse is standing square – ideally with no shoes on.*



It is useful to know a horse's height as part of its description and as a guide for the size of tack and clothing to buy. Ponies are sometimes grouped by height at horse shows. Height can be given in hands and inches. Originally, a hand was the width of a man's hand, but it was standardized to 4 in (10 cm). Height is now also given in meters.

## CHECKING A HORSE'S WEIGHT



### How to find out the weight of a horse

Use the horse's weight to assess the effects of your feeding and exercise regime, not to decide how much to feed. Large animal hospitals and veterinary schools have scales that can weigh a horse. At home, you could also use an ordinary tape measure to find out the horse's girth and length (from the point of shoulder to the point of buttock), and calculate the weight in pounds using the formula below. (To convert to kilograms, multiply the pounds by 0.45.)

$$\text{Weight (lb)} = \text{girth}^2 (\text{in}) \times \text{length (in)} \div 300$$

