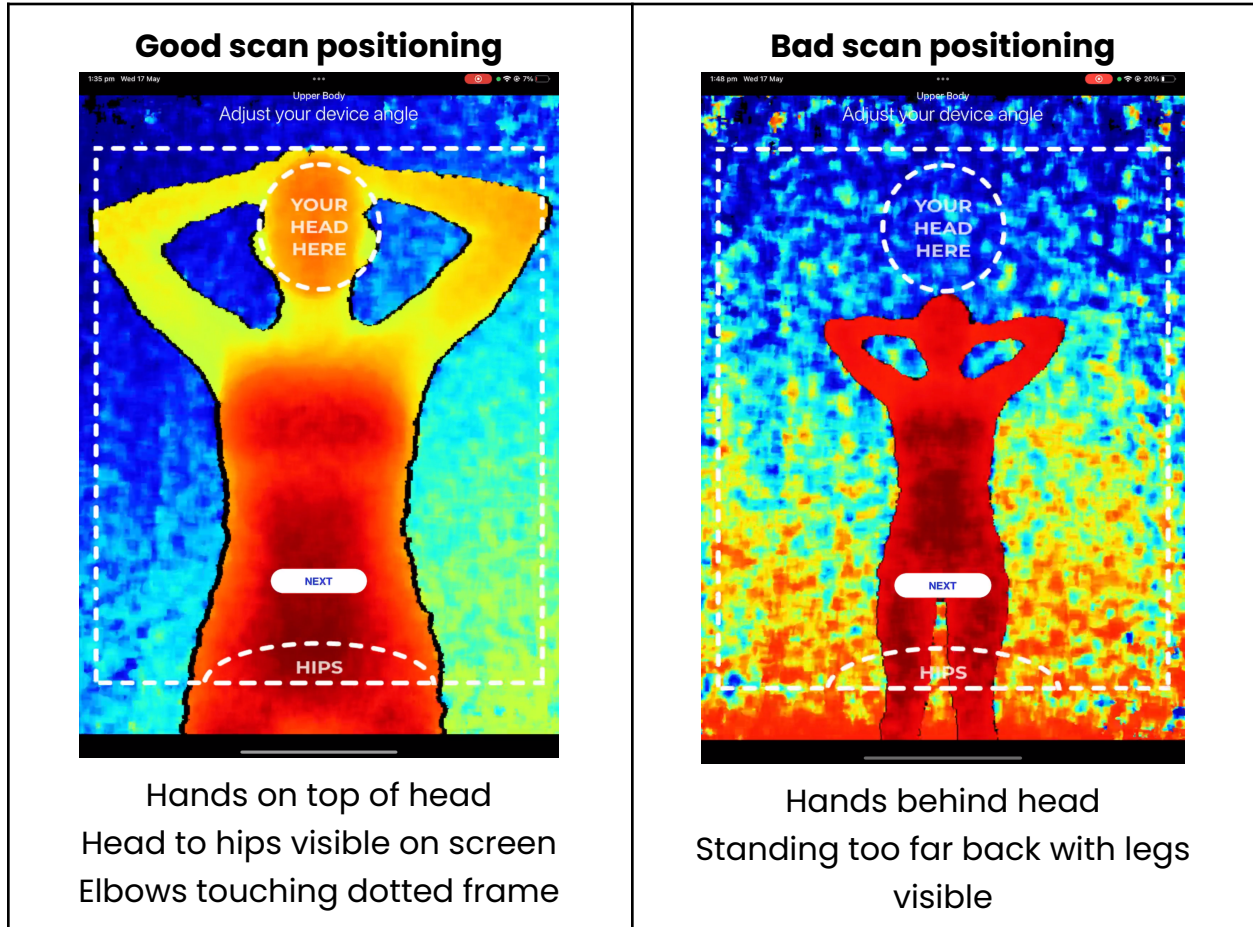# TIPS FOR SUCCESSFUL SCANS

- Stand as close to the device as possible whilst ensuring your body parts are visible within the frame.
- For the upper body, elbows should be touching the dotted frame on the screen.

Good scan positioning

Hands on top of head
Head to hips visible on screen
Elbows touching dotted frame

Bad scan positioning

Hands behind head
Standing too far back with legs visible

- Pause after each turn at the required angle.
- Stay in the scan postures; avoid changing the posture during the scan.
- Keep a straight back and keep your chin level.
- If you have long hair, tie it up in a bun, make sure it doesn't cover your neck.
- Wear tight-fitting clothing or underwear.
- Set up the scan device so it's facing a wall, make sure there's no reflective surfaces in the scan.