



FEMALE – MEASURE GUIDELINES

These guidelines MUST be read with the measurement diagram on page two.

PLEASE DO NOT ATTEMPT TO MEASURE YOURSELF AS THIS WILL RESULT IN INACCURATE MEASUREMENTS – RIG EQUIPMENT LIMITED CANNOT ACCEPT LIABILITY WHEN INCORRECT MEASUREMENTS HAVE BEEN SUPPLIED BY THE CUSTOMER. ANY DECISION NOT TO CHARGE FOR CORRECTIVE WORK WILL BE AT RIG EQUIPMENT LIMITED'S DISCRETION

When measuring someone else ask them to ...

1. HIGH BUST

..... Relax their arms by their sides and then measure above the bust, at armpit height. Measure firmly, but do not hold the tape so tight that it cuts into their skin.

2. CHEST

..... Raise their arms out horizontally, then measure their chest circumference at the widest point, with the measuring tape held horizontally. Measure horizontally round the body with the tape measure running across the full bust line, under the arms and across the shoulder blades.

3. SLEEVE LENGTH

..... Lift their arm horizontally out to the side and then bend it at the elbow towards the chin. Whilst they hold the hand with the fingertips approximately 30cms (12") in front of their chin at shoulder level, take a measurement from where their neck meets their shoulders (usually where a t-shirt collar sits) along the outer edge of their arm to the wrist bone.

4. WAIST 1:

.... Be standing up, then measure at their widest point around the waist, generally in line with the naval.

WAIST 2:

.... Be standing up, then take a measurement around the waist where the belt would normally be worn

VERY IMPORTANT: YOU MUST PHYSICALLY MEASURE THE WAIST AS INSTRUCTED. DO NOT ASSUME THE WAIST SIZE FROM A SHOP BOUGHT PRODUCT WILL REFLECT THE CORRECT DIMENSIONS.

5. HIPS:

.... Be standing up with their feet together. Measure around the widest point of the hips around the buttocks and take an accurate measurement.

6. NAPE OF THE NECK TO SEAT:

.... Sit upright on a hard chair or other hard surface to gain easy access to the back of the body. Take an accurate measurement from the base of the neck (where the neck meets the top of the shoulders) down along the backbone, literally to the surface of the chair. This gives the overall length of the body.

7. THIGH:

.... Be standing up. Take a measurement of the thigh around the widest point from the crotch all the way around the thigh. If the undergarments include pockets, ensure these have been emptied prior to taking the measurement.

8. POSITION OF THE KNEE PAD:

.... To be seated. Take a measurement from the top front of the kneecap down to level with the ankle bone.

9. FULL HEIGHT:

.... Remove any footwear and stand with their back and heels against a wall. Make a mark on the wall at the top of their head, using a straight angle (e.g. book). Their height is the distance measured from the marking to the floor. It may be easier to use a metal tape measure for this measurement.

10. INSIDE LEG: (Wearing only undergarments that would routinely be worn)

.... To be standing with their feet approximately 6" (15cms) apart. Ask them to hold the top of the tape and place it where their inner thigh meets their crotch. Then extend the tape down to the ankle bone and take an accurate measurement.

FEMALE - MEASURE FORM

These guidelines MUST be read in conjunction with the measurement diagram that accompanies this form. These guidelines must be followed to ensure correct measurements are taken.

It is difficult to take your own measurements and therefore another person will need to assist. The measurer will require a tape measure and a pen. The measurements should be taken over any undergarments that are worn by those being measured.

THESE MEASUREMENTS SHOULD BE TAKEN IN ACCORDANCE WITH THE ACCOMPANYING VIDEO.

Name:		Role:	Measurements cm
1	High bust		
2	Full breast		
3	Sleeve length		
4	Waist 1 (At their widest point, generally in line with their naval)		
	Waist 2 (Where the belt would normally be worn)		
5	Hips		
6	Nape of the neck to seat		
7	Thigh		
8	Knee pad position		
9	Full Height		
10	Inside leg		
ANY ADDITIONAL NOTES			