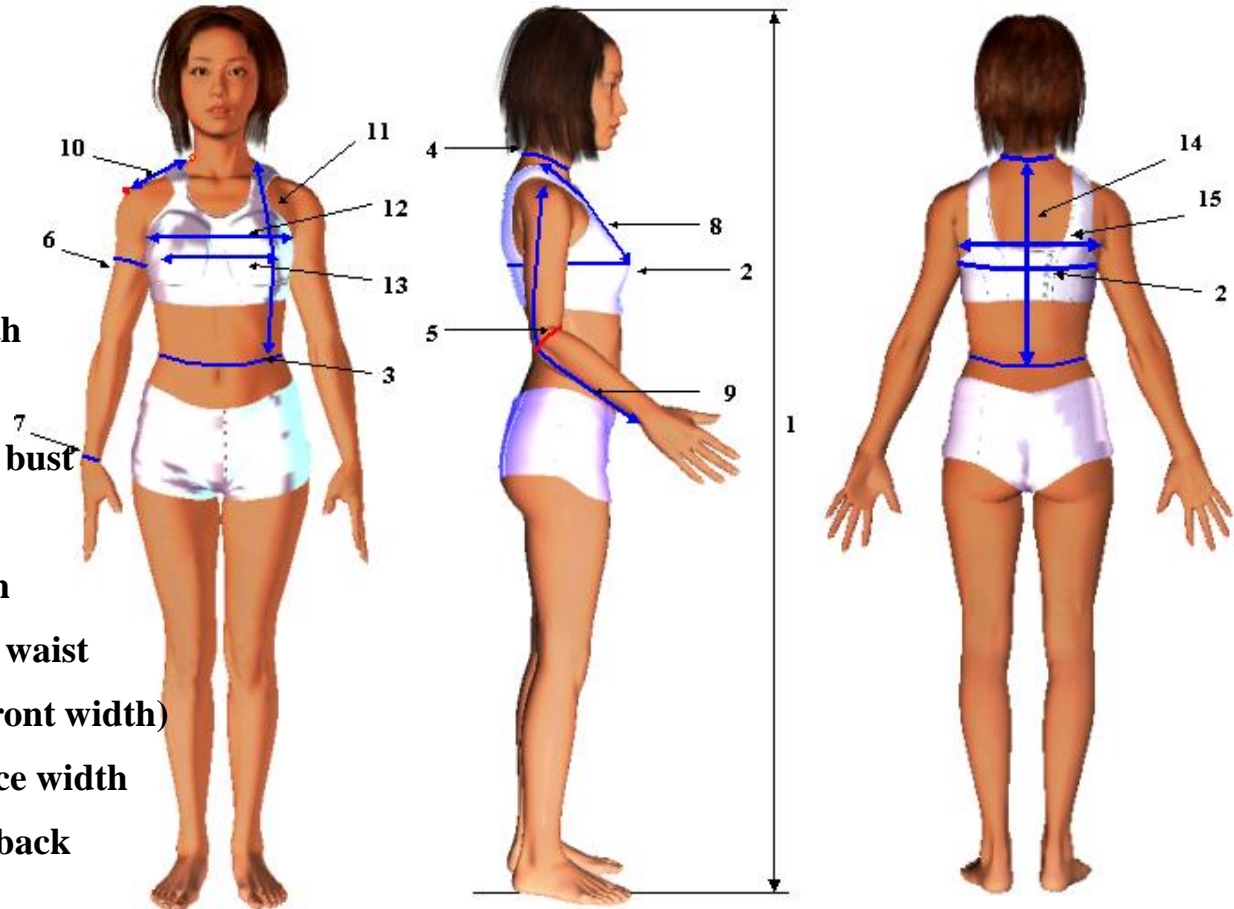


Taking body measurements manually

Measuring positions for bodice and sleeve

Measurements

- | | | | | |
|----|---|----------------|---|-----------------------------|
| 1 | – | (<i>h</i>) | – | Body height |
| 2 | – | (<i>bg</i>) | – | Bust girth |
| 3 | – | (<i>wg</i>) | – | Waist girth |
| 4 | – | (<i>ng</i>) | – | Neck girth |
| 5 | – | (<i>eg</i>) | – | Elbow girth |
| 6 | – | (<i>uag</i>) | – | Upper arm girth |
| 7 | – | (<i>wrg</i>) | – | Wrist girth |
| 8 | – | (<i>bfl</i>) | – | Front length to bust |
| 9 | – | (<i>sl</i>) | – | Sleeve length |
| 10 | – | (<i>shl</i>) | – | Shoulder length |
| 11 | – | (<i>wfl</i>) | – | Front length to waist |
| 12 | – | (<i>fw</i>) | – | Across front (front width) |
| 13 | – | (<i>bwp</i>) | – | Bust prominence width |
| 14 | – | (<i>nw</i>) | – | Nape to waist (back length) |
| 15 | – | (<i>bw</i>) | – | Across back (back width) |



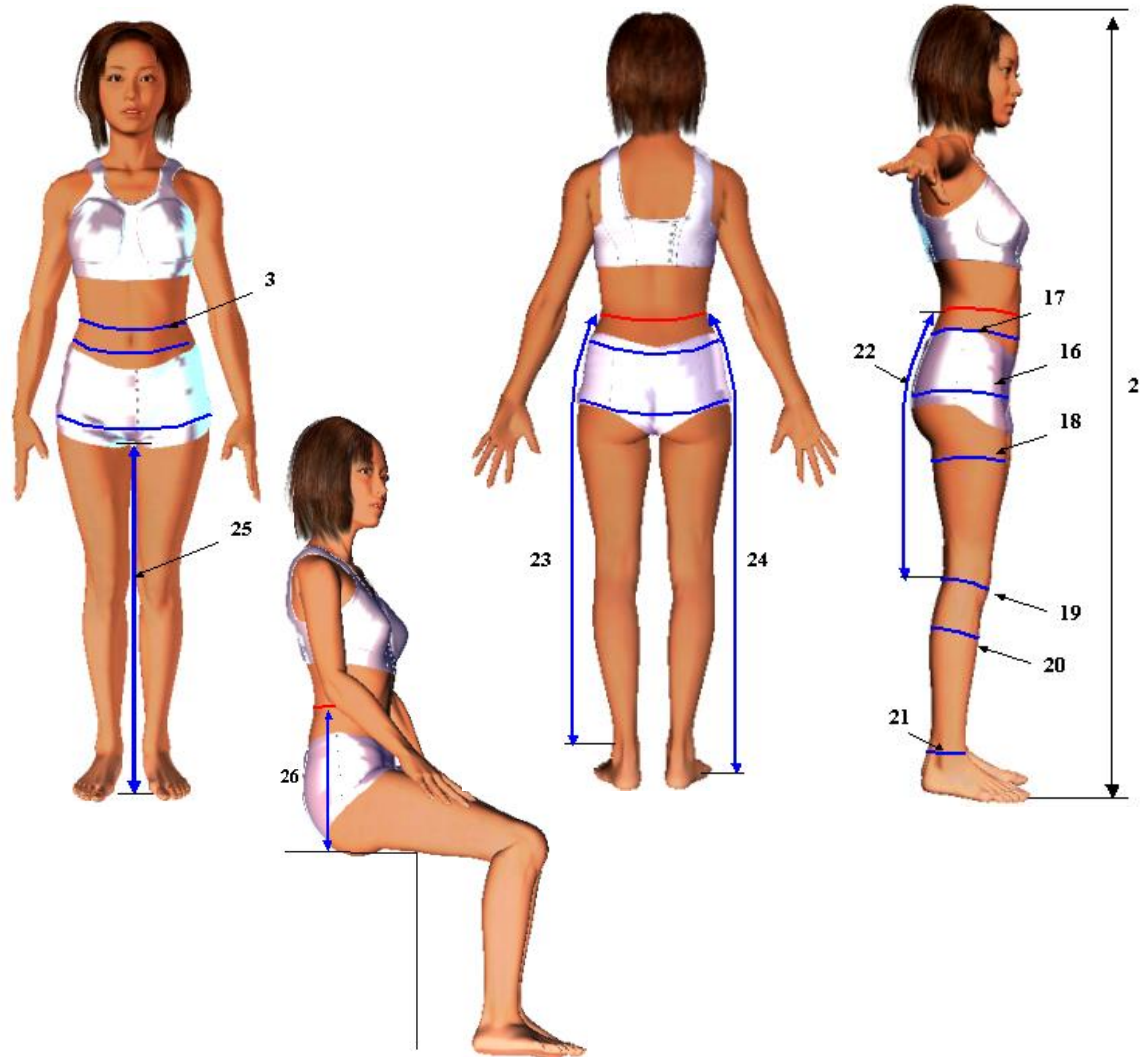
- 1 – (h) – Height** **Vertical distance between the crown of the head and the soles of the feet, measured with the subject standing erect without shoes and with the feet together.**
- 2 – (bg) – Bust girth** **The person being measured stands facing the measurer. The measurement is taken horizontally around the fullest part of the bust and approximately parallel to the ground to incorporate the shoulder blades.**
- 3 – (wg) – Waist girth** **The waist elastic should sit comfortably in the natural position of the waist (parallel to the ground). The tape measure is held firmly, but not indenting, over the waist level elastic. This can be checked in the mirror for the correct position.**
- 4 – (ng) – Neck girth** **The base of the neck should be measured in a suitable position for a close fitting collar. Starting from the nape position place a narrow cord or chain around the base of the neck. When this is straightened the distance is measured against a tape measure.**
- 5 – (eg) – Elbow girth** **Position the tape in the bend of the right elbow, and then have the arm bent across the front waist. The measurements have to be taken over the bone of the elbow.**
- 6 – (uag) – Upper arm girth** **Measure the thickest girth of the right upper arm, either at the armpit or biceps level.**
- 7 – (wrg) – Wrist girth** **While the arm is still bent measure the wrist around the widest part.**
- 8 – (bfl) – Front length to bust** **The tape measure is positioned from the nape over the right shoulder at neckline, then diagonally to the prominence of the right breast. (Half the back neck measurement of the garment is then subtracted from this measurement.)**

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|----|---|----------------|---|--|--|
| 9 | – | (<i>sl</i>) | – | Sleeve length | The person being measured stands with her right side to the measurer and right arm bent across her front waist. The tape measure is positioned from the nape over the end of the shoulder, diagonally to the point of the elbow, and continue the tape measure to the end of the wrist bone at the 'little finger' side of the hand. (The garment centre back neck to end of shoulder measurement is subtracted to give the final sleeve length.) |
| 10 | – | (<i>shl</i>) | – | Shoulder length | The highest part of the shoulder is located and measured from the base of the neck to the bode at the end of the shoulder. |
| 11 | – | (<i>wfl</i>) | – | Front length to waist | Measure as (8) and continue the tape measure from the bust prominence vertically down to the lower edge of the waist level tape. (Half the back neck measurement of the garment is then subtracted from this measurement.) |
| 12 | – | (<i>fw</i>) | – | Across front (front width) | This width measurement is taken horizontally between the centre front neck and bust level. The width is gauged at the skin folds where the arms connect to the torso. |
| 13 | – | (<i>bwp</i>) | – | Bust prominence width | Measurement horizontally between the most prominent part of the left and right breasts. |
| 14 | – | (<i>nwl</i>) | – | Nape to waist (back length) | The top of the tape measure is positioned at the nape (seventh cervical) and placed vertically down the centre back to the lower edge of the waist level elastic tape. |
| 15 | – | (<i>bw</i>) | – | Across back (back width) | This width measurement is taken horizontally and gauged just above the skin folds where the arms connect to the torso. |

Measuring positions for skirt and trousers

Measurements

- | | | | | |
|----|---|----------------|---|----------------------------------|
| 1 | – | (<i>h</i>) | – | Height |
| 3 | – | (<i>wg</i>) | – | Waist girth |
| 16 | – | (<i>hg</i>) | – | Hip girth |
| 17 | – | (<i>uhg</i>) | – | Upper hip girth |
| 18 | – | (<i>tg</i>) | – | Thigh girth |
| 19 | – | (<i>kg</i>) | – | Knee girth |
| 20 | – | (<i>cg</i>) | – | Calf girth |
| 21 | – | (<i>ag</i>) | – | Ankle girth |
| 22 | – | (<i>kl</i>) | – | Knee length (waist to knee) |
| 23 | – | (<i>al</i>) | – | Ankle length (waist to ankle) |
| 24 | – | (<i>llo</i>) | – | Outside leg length |
| 25 | – | (<i>lli</i>) | – | Inside leg length |
| 26 | – | (<i>cd</i>) | – | Crutch depth (Body rise) |



| | | | | | |
|----|---|-------|---|------------------------|--|
| 1 | – | (h) | – | Height | Vertical distance between the crown of the head and the soles of the feet, measured with the subject standing erect without shoes and with the feet together. |
| 3 | – | (wg) | – | Waist girth | The waist elastic should sit comfortably in the natural position of the waist (parallel to the ground). The tape measure is held firmly, but not indenting, over the waist level elastic. This can be checked in the mirror for the correct position. |
| 16 | – | (hg) | – | Hip girth | The tape measure is positioned horizontally around the fullest part of hips and buttocks and parallel to the ground (optionally an elastic tape can be positioned and levelled by using a metre role). |
| 17 | – | (uhg) | – | Upper hip girth | Measurement midway between the waist and hip levels and parallel to the ground. The correct position can be checked in the mirror. |
| 18 | – | (tg) | – | Thigh girth | The person being measured stands with her legs slightly apart. The measurement is taken horizontally around the thickest part of the right upper thigh just below the crutch level. |
| 19 | – | (kg) | – | Knee girth | Measurement horizontally around the thickest part of the right knee, whichever is the largest. |
| 20 | – | (cg) | – | Calf girth | Measurement horizontally around the thickest part of the right calf, whichever is the largest. |
| 21 | – | (ag) | – | Ankle girth | Measurement around the thickest part of the right ankle. |

- | | | | | | |
|-----------|----------|--------------|----------|--------------------------------------|---|
| 22 | – | (kl) | – | Knee length (waist to knee) | Measure vertically from the centre back waist down to the crease at the back of the knee. (This measurement can be used as a guide for skirt lengths.) |
| 23 | – | (al) | – | Ankle length (waist to ankle) | Measure vertically from the side waist, over the side hipbone down to the lower edge of the anklebone. |
| 24 | – | (llo) | – | Outside leg length | Measure as (23) and continue the tape measure vertically down to the ground. |
| 25 | – | (lli) | – | Inside leg length | The person being measured can position the end of the tape measure between the legs at the crutch level. The measurer then places the tape down the inside of the leg to the ground. |
| 26 | – | (cd) | – | Crotch depth (side depth) | Measure vertically from the side waist over the side hipbone down to the seat level, measured with the person seating erect without shoes and with the feet together”. |