

- When measuring, stand tall with arms down and feet together.
- Place a piece of tape at each of the following locations as points of reference for consistent measurements: top of shoulder, widest part of chest, and natural waistline.

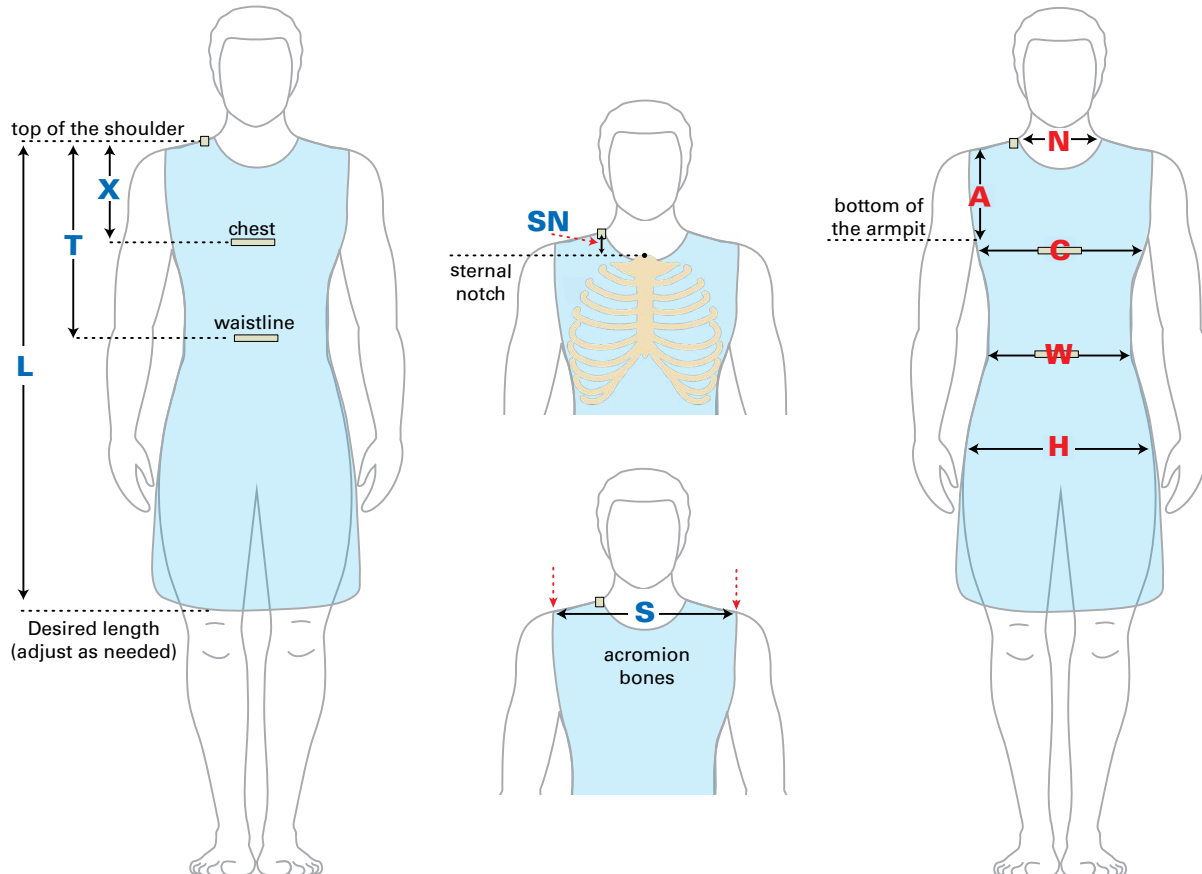
**Name:** \_\_\_\_\_

**Facility:** \_\_\_\_\_

**Department:** \_\_\_\_\_

Body Area	Measurements (inches)	Description
<b>Apex (X)</b>		Measure length from the top of the shoulder to chest line (nipple).
<b>Torso (T)</b>		Measure length from the top of the shoulder to natural waistline.
<b>Length (L)</b>		Measure from the top of shoulder to desired length.
<b>Sternal Notch (SN)</b>		Measure length from the top of the shoulder down to align with the height of sternal notch.
<b>Shoulders (S)</b>		Measure distance between the two acromion bones (the bony points at the top of each shoulder).
<b>Neck (N)</b>		Measure circumference at the base of the neck.
<b>Arm Hole (A)</b>		Lift arm slightly, then measure circumference by wrapping the tape measure from the top of the shoulder, around the armpit, and back to the top of the shoulder. Ensure the tape measure remains flat against the body. Lower arm to side and record measurement.
<b>Chest (C)</b>		Measure circumference across the widest part of the chest.
<b>Waistline (W)</b>		Measure circumference around your natural waist.
<b>Hips (H)</b>		Measure circumference around the widest part of the buttocks.
<b>Wearer's Height</b>		Record height in inches only.

Measurements in **BLUE** are lengths between two points • Measurements in **RED** are circumferences, wrapping around body



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