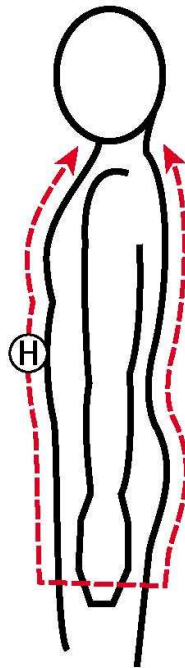
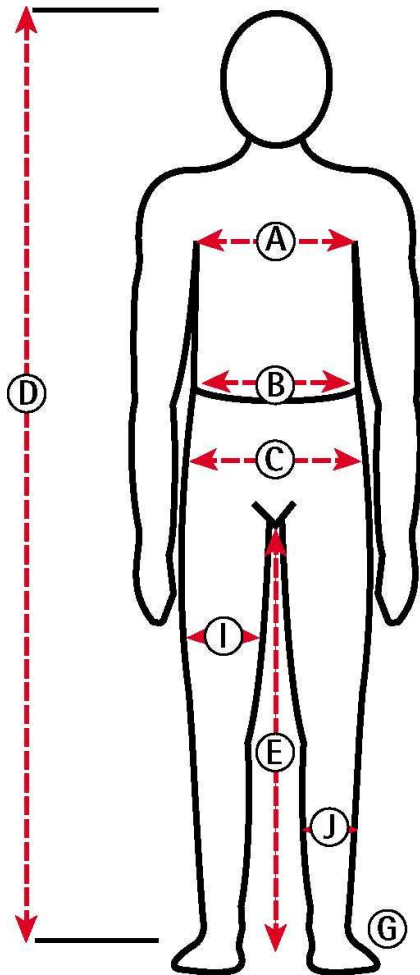


Made-to-Measure MTM Self Measurement Instructions

SAFEQUIP



www.safequip.co.uk



A. CHEST

The maximum horizontal girth measured over the shoulder blades; under the arm pits and over the chest with the subject standing upright.

B. WAIST

The girth of the natural waistline between the top of the hip bones and lower ribs measured with the subject breathing normally and standing upright with the abdomen relaxed.

C. HIP

The horizontal girth measured around the buttocks at the level of the maximum circumference.

D. HEIGHT

The vertical distance between the crown of the head and the soles of the feet measured without shoes. Feet need to be together.

E. INSIDE LEG

The distance between the crotch and the soles of the feet, measured in a straight line with the subject standing upright. **Ensure no footwear is worn and that the feet are slightly apart.**

F. CUFF TO CUFF

Measured with the arms outstretched, across the back, from the point of the wrist bone to point of the wrist bone.

G. SHOE SIZE

As normal shoe size.

H. THROUGH MEASURE (HOOP)

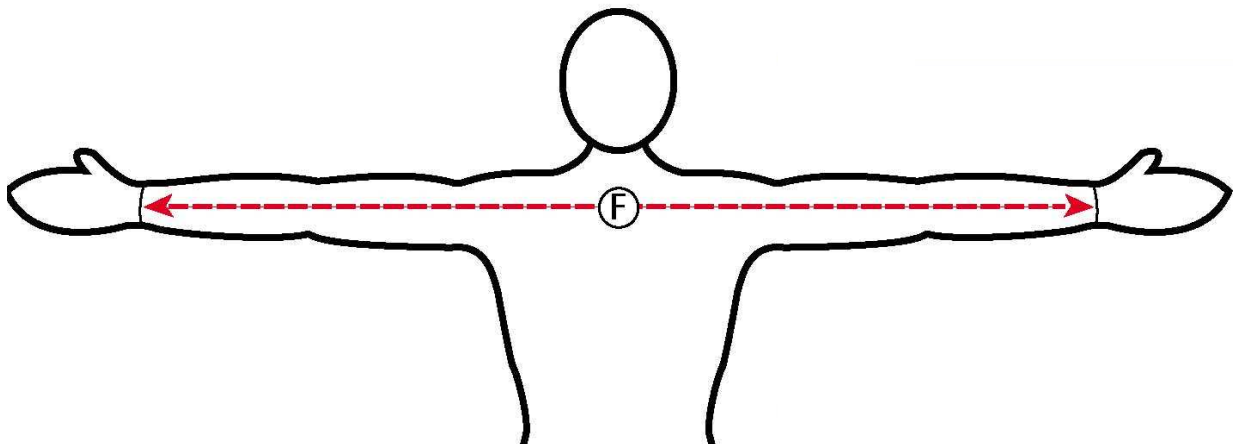
Taken from the 'adams' apple down the front the body, tight under the crotch and up the neck to the nape of the back of the neck.

I. THIGH

Measure at the widest point of the thigh.

J. CALF

Measure at the widest point of the calf.



Made-to-Measure-Chart



Company/Organisation	
Address	
Postcode	
Tel:	Fax:
Email:	

Customer Order No
Style/Ref of Suit Req

Wearer's Name	
A. Chest	B. Waist
C. Hip	D. Height
E. Inside Leg	F. Cuff to Cuff
G. Shoe Size	H. Through Measure
I. Thigh	J. Calf

Please indicate what unit of measure - Feet/Inches Centimetres

Please note – All measurements should be made in accordance with the self measurement chart

Please return to:

Safequip
Unit 32 Stirling Enterprise Park
Stirling
FK7 7RP
Tel: 01786 478651 Fax: 01786 479655
Email: sales@safequip.co.uk