



**equipment limited**  
*Reliable Safety - Reliable Comfort*

## **MEASURE GUIDELINES FOR A ONE PIECE FLIGHT SUIT**

These guidelines are required to be read in conjunction with the measurement diagram that accompanies this leaflet. The importance of following these guidelines carefully cannot be stressed enough. Your comfort and a uniform that fits you well depends on it.

**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**

## **NEVER ATTEMPT TO MEASURE YOURSELF AS IT IS IMPOSSIBLE TO MEASURE ACCURATELY**

### **GENERAL GUIDELINES**

- Wear the garments you would generally wear under your flight suit. Empty your pockets
- Take accurate measurements in centimetres.
- When measuring, you do not need to pull the tape tightly around the area you are measuring. Keep a light contact between the measuring tape and the area you are measuring. When measuring limbs, the tape should be free enough so that you may move it quite easily around the limb.
- **Don't attempt to measure yourself, get someone to measure you accurately.**

**1: CHEST:** The person being measured should lift their arms so they are horizontal with the shoulders. Pass the measuring tape around the body and hold it around the widest part of the chest/bust. Ask the person being measured to lower their arms over the tape. Allow the tape to slip through your fingers as the chest expands. Tape should touch the chest lightly. Take an accurate measurement.

**2: SLEEVE MEASUREMENT:** Ask the person being measured to 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 the 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. It may help the measurer if the measurement is taken in two halves then added together; from the base of neck to elbow and from the elbow to wrist bone.

**2A: NAPE OF THE NECK TO SEAT:** This measurement gives the overall length of the body. First, sit upright on a hard chair or other surface where the person measuring has easy access to your back area. Measure the distance from the base of the neck (where the neck meets the top of the shoulders) down along the back bone until the tape is in contact with the surface of the chair.

**3: FLIGHT SUIT WAIST:** Standing up, choose a point level with the navel to take a measurement around the body. Make sure that the tape can easily be moved around the waist and take an accurate measurement. **DO NOT ASSUME THAT YOUR JEANS OR TROUSER WAIST SIZE IS CORRECT. PLEASE PHYSICALLY MEASURE YOUR WAIST AS INSTRUCTED**

**4: HIPS:** Choose the area around the widest point of the buttocks. Make sure that the tape can easily be moved around the hips and take an accurate measurement.

**5: INSIDE LEG:** If trousers are being worn whilst the person is being measured, ask them to lift them up as close into the crotch as possible so they are close to the body. Take an accurate measurement from the point where the tops of the legs meet together in the middle **down to the ankle bone.**

**6: HEIGHT:** State your height without shoes in feet and inches or centimetres

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