AIR FORCE UNIFORM OFFICE

HOW TO MEASURE
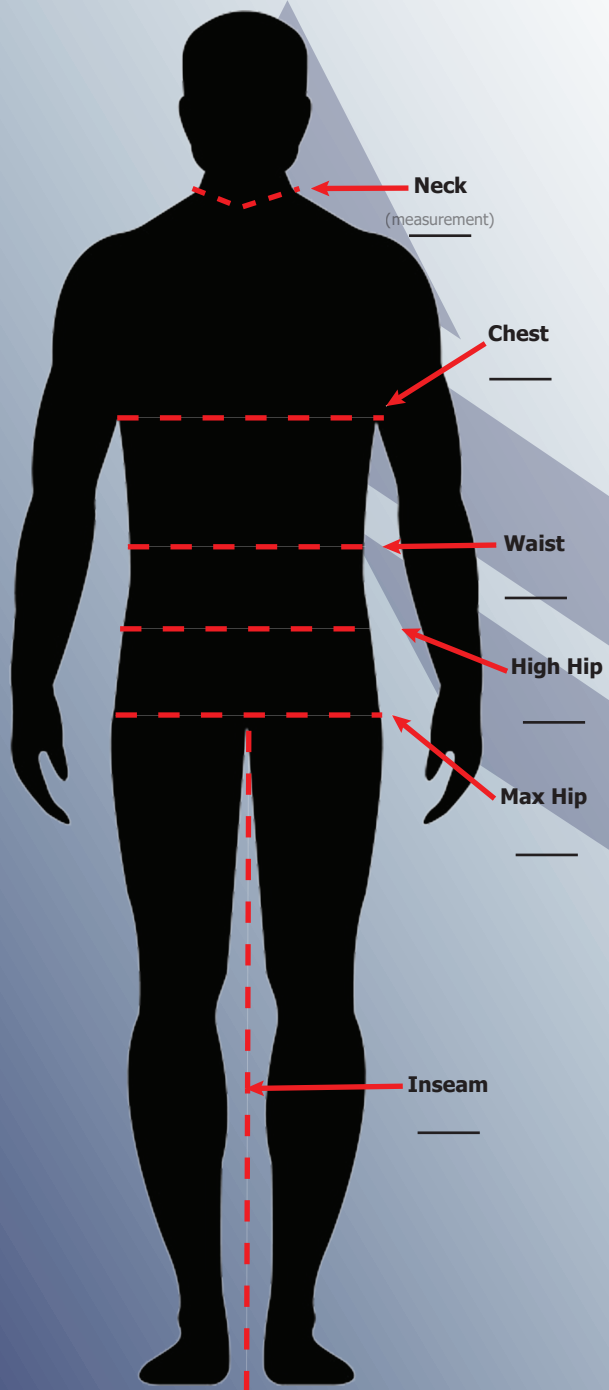
MALE

Neck- Place tape measure at the back base of the neck, and wrap it around to the front just below the Adam's apple.

Chest- Place one end of the tape measure at the fullest part of the chest, and wrap it around. Make sure arms are at sides for final measurement.

Waist- Place tape measure around natural waistline (if you bend to the side, the crease that forms is your natural waistline). Make sure participant is breathing normally for correct measurement.

High Hip- Place tape measure around the hip bone area and above the rear. Make sure the tape is level on each side (use a mirror to help) to get correct measurement.

Max Hip- Place tape measure around the widest part the hips and rear. Make sure the tape is level on each side (use a mirror to help) to get correct measurement.

Inseam- Give the participant the beginning of the tape measure and have them place it at the uppermost inner part of their thigh. Then you will measure to the floor. Make sure the participant is not wearing shoes during this measurement.

Sleeve Length- Place one arm straight out, and parallel to the floor. Then place tape measure at center back neck begin to measure to shoulder, continue to center elbow, and end at wrist bone.

Bicep- With arm flexed and positioned at a 90 degree angle, wrap tape measure around the fullest part of bicep For correct measurement.

Across Shoulder- Find the rotator cuff on the shoulder and place tape measure there and extend to same placement on the other shoulder for correct measurement.

Back Waist Length- Place tape measure at the most prominent bone at the base of neck, and measure to the natural waistline.

Arm Length- Place tape measure at underarm (armless seam) measure to center elbow, and end at wrist bone.

Thigh- Place tape measure around the fullest part of the thigh. Measure from front to back to get the circumference of the thigh.
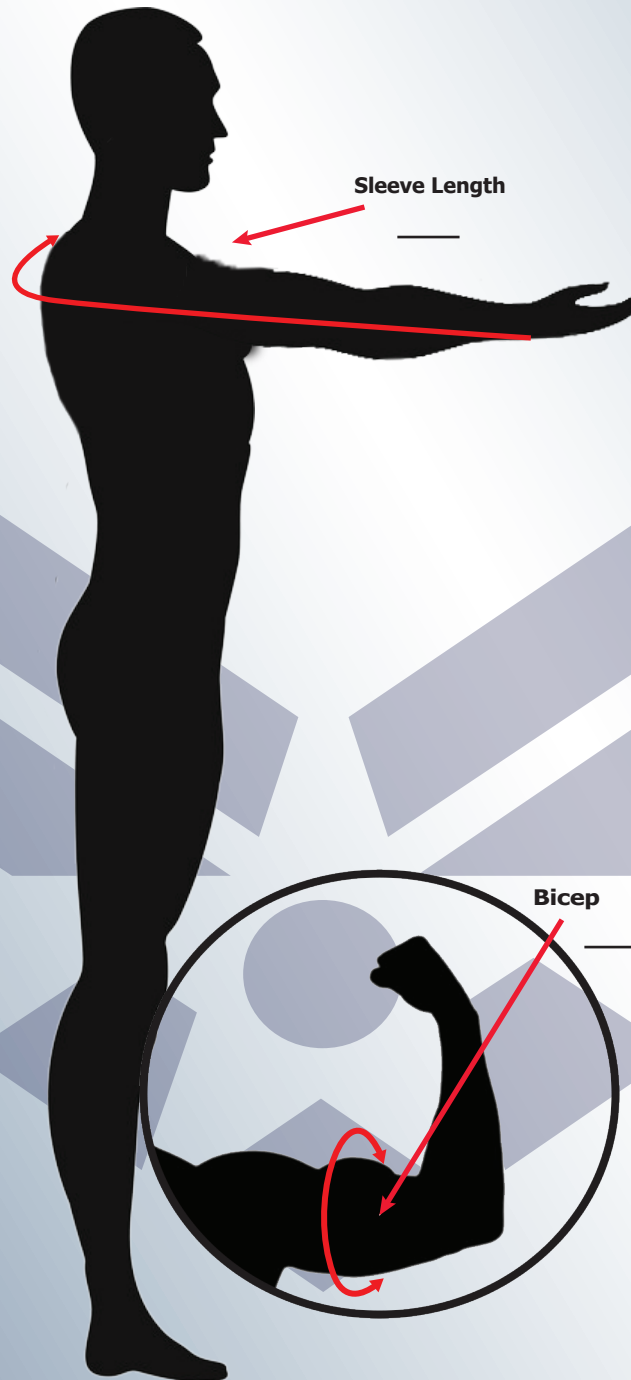
(Images on inside of brochure give a visual guide, and spot to record measurements)

Front

Neck
(measurement)

Chest

Waist

High Hip

Max Hip

Inseam

Side

Sleeve Length

Bicep

Back

Across Shoulder

Back Waist Length

Arm Length

Thigh