

# PRIVATE AND CONFIDENTIAL FB/100/D MEASUREMENT CHART

Customer: \_\_\_\_\_

Date: \_\_\_\_\_

**Important** it is essential that the measurements you record are as accurate as possible. A high degree of care and attention must be given to this task. Take plenty of time, repeating the measurement procedure until you are confident you are recording consistent and accurate values.

**These ranges of belt sets are of a riveted construction and are not adjustable.** Whilst small errors are not difficult to correct, major ones will invariably incur higher cost. An ordinary fabric or plastic tape measure of the type used for dressmaking is best for taking the measurements. You should aim at a tight rather than a loose fit, as experience shows a tight fit is far more comfortable than a loose one, which may also degrade effectiveness.

The subject should stand erect with their feet about 600mm apart and hands placed on back of their head while all the measurements are taken. **These Belt sets are designed to fit into waist and cannot be worn on the hips like some fashionable jeans, trousers and skirts. The main reference point for all measurements is the bottom edge of the waistband**, so it is of crucial importance that it is measured to fit the waist. For the person with a fuller or waistless figure, the Belt set will only be secure if the waistband is smaller than the circumference of the hips. Measurement **M** should be used to determine this, and the degree of discomfort that results. **All measurements must be taken next to the skin.**

	Description	cm
A	Waist normal	A =
B	Waist controlled ( take a deep breath and pull in to make it as small as possible)	B =
C	Front mark down between the legs to the start of the labia lips	C =
D	Front mark down between the legs to the end of the labia lips	D =
I	Front mark between legs to anus	I =
J	Front mark between legs and buttocks to rear waist	J =
K	Front mark between legs and over buttocks to rear waist	K =
L	Waist rear between buttocks to anus	L =
M	Waist measurement using 25mm wide belt.	M =
N	Hips circumference	N =
P	Body height.	P =

**Important notes regarding measurements please read before starting to measure.**

1. Fasten around the waist a (25mm) wide belt making sure that it is horizontal and not dipped down in front. Make a mark on the centre front of the person being measured level with the underside of the belt. (Depending on anatomy this maybe above, below or on the belly button)
2. Adjust the belt to the smallest circumference at which you feel you could wear it and mark the position on the belt. Do not be tempted to settle for a nice comfortable fit, aim at a tight rather than a loose fit. Remove the belt, lay it out flat and measure from the end to the reference mark to determine the length.
3. From the point marked in step 1 measure downward toward the the start of the labia a distance equal to 1/8 of the measurement you got in step 2 and mark this point on the body with a felt tip marker or similar.
4. From the point marked in step 3 measure down to the start of the labia. Measurement C.
5. From the point marked in step 3 measure down to the end of the labia. Measurement D.



**Thigh Bands** The degree of restraint imposed by thigh bands is dictated to a large extent by the position they occupy and the links between them. The lower the position the more restrictive they become. On female belts it is better to have permanent links between the bands. For most purposes a 75mm linkage is adequate and quite practical. A separate chain loop and lock is available if preferred. Please indicate on order form P for permanent linkage and distance between bands, or CL for chain loop.

**MEASURING INSTRUCTIONS**

With the belt still in position around the waist, fit another belt or similar around one of the thighs at the desired position (150mm above the knee is a typical choice, lower than this is not very practical).

Measure from the bottom edge of the waist belt at the side, down over the hip to the top edge of the thigh belt keeping the tape in contact to follow the hip profile. Mark the thigh belt before you remove it, lay it out flat and measure from the end to the reference mark to determine the circumference. Repeat this procedure with the other thigh in case there is any significant difference.

	Inches	cm
Right Thigh Circumference		
Left Thigh Circumference		
Side Chain Length		

I certify that these measurements are correct.

Signed:\_\_\_\_\_