

ANTHROPOIMETRIC MEASUREMENTS

- **PURPOSE:**

- **OBTAIN DATA FOR SUIT, CLOTHING FIT BETTER PROFILE
TEMPORAL CHANGES IN SIZE**

- **TESTING SCHEDULE**

- **PRE: DONE WITH PHYSICAL EXAM**
- **IN: DAILY (.5 HR EACH)**
- **POST: R + O**

- **TRAINING REQUIREMENT**

- **1x, .5 HR**

ANTHROPOIMETRIC MEASUREMENTS (CONT)

● HARDWARE:

- TAPE MEASURE**

● PROCEDURE:

- UNSTOW EQUIPMENT**
- SUBJECT SHOULD POSITION HIMSELF IN ERECT POSITION IN FRONT OF MIDDECK LADDER. WITH USE OF A STRAIGHT EDGE, ASSISTING CREWMEMBER MARKS HEIGHT ON LADDER**
- USE TAPE MEASURE TO OBTAIN ABDOMINAL GIRTHS IN**
 - 1. NEUTRAL WEIGHTLESS BODY POSITION**
 - 2. NORMAL ERECT POSITION**
- RECORD READINGS AND TIMES**
- STOW EQUIPMENT**