Taking and Recording Body Measurements

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Why do we need to take accurate body measurements?

1. Accurate body measurement's enables producing garments with a good comfortable fit. The ways measurements are taken determine whether the garment will be too tight, or oversized and loose fitting.

2. Accurate body measurements can be provided to the tailor.

3. Accurate measurements are also required to draft a pattern.

4. Accurate Measurements save waste of extra fabric and enables a good finish to the final product.

5. Accurate measurements can help adjusting and altering ready-made garments.

6. Overall accurate measurements can help save time and energy adjusting and altering clothes and enable a perfect fit and finish to the final garment.

Items required for taking measurements

1. Book / folder to record measurements and make notes. You can keep this book and update measurements over the years.
2. Soft tape measure.
3. Pencil and rubber.
4. Someone to help take shoulder measurements from the back.

Recording Your Measurements

STEP 1

Record the following measurements preferably in inches

Shoulder =
Chest =
Waist =
Hips =
Shoulder to waist =
Shoulder to Hips =
Full Sleeve length =
Bicep =
½ sleeve length =
¾ Sleeve length =
Cuff =
Shirt length =

Upper Body Measurements

Shoulder Measurement

Back of dummy

To take the shoulder measurement, use your measuring tape, and hold it from one shoulder blade to the other and record as shoulder measurement.

Bust (Chest) Measurement

The next step is to take the bust measurement. Take your measuring tape around your back and under your arms. Place your thumb firmly where the tape meets where you started measuring from and record the measurement.

Middle Body Measurements

Shoulder to waist measurement

Shoulder to waist – Using your measuring tape, from the top of your shoulder down to waist and record measurement.

Waist – wrap the measuring tape around your waist, and take the reading of the measurement where the tape meets the point you began and record.

Waist measurement

Lower Body Measurements

Hips measurement

Take the tape measure, and wrap it around the fullest/ widest part of your hips and record.

It may be easier for someone else to take these measurements as this means the reading will be more precise; as you stand in a comfortable position without distorting the measurements.
Note: picture is demonstration on mannequin to show exact measurement point.

Sleeve Length Measurements

Sleeve measurements

To take the sleeve measurements, firstly decide whether you want half, ¾, or full sleeves. Remember to start at the top of the shoulder blade, and measure up till where you would like the sleeve length to be.

Shirt/Top Length Measurements

Length

The final step is to take the shirt length measurement. It is best to take the longest length whether it is up to the knees or below.

Then you can use the same pattern to make shorter or longer length shirts, dresses or long tops.

Hold the measuring tape from the shoulder near the neck, bring over the bust facing forward and standing straight. Ask someone to assist you in taking this measurement.