



Female ABA Steps For Tape Measuring

1. Take a front standing chest measurement. With officer facing away from you, have her put the tape measure across the nipple line with her arms relaxed at her sides. This measurement, along with her cup size, determines the front and back panel size. On the reverse side of this form, place the chest size in the **Front and Back Sample Size** boxes and the officer's cup size in the **Cup Size** box. (Ex: 38 C)

2. Take a front-seated measurement. Making sure that the officer is in a relaxed seated position, measure from the clavicle notch to a point above the duty belt. Ensure that the front panel's edge WILL NOT touch the duty belt or its accessories while seated. Using the chart, determine the front-seated panel length needed and place that size on the reverse side in the **Front Seated Measurement** box. (Ex: R or L or X-1)

3. Take a back-standing measurement. Using the natural shoulder line, select a point at the middle of the back. Measure from that location to a point above the duty belt. Ensure that the back panels edge WILL NOT touch the duty belt or its accessories while standing. Using the chart, determine the back standing panel length needed and place that size on the reverse side in the **Back Standing Measurement** box. (Ex: R or L or X-1)

4. Take a standing girth measurement. Measure around the officer's girth or waist at its widest point. Generally, this will be either approximately two inches above the duty belt or along the belly-button line. Ensure that the soft tape measure is not hindered by the officer's equipment. Using the chart, determine the girth panel size needed and place that size on the reverse side in the **Side Standing Measurement** box. (Ex: R or L or X) (If the girth tape measurement falls in between two sizes, we recommend you select the larger size to ensure the panel's edges touch or overlap.)

5. Place the **Front Sample Size, Cup Size, Front-Seated Measurement, Back Sample Size, Back Standing, and Side Standing** measurements that you recorded on the reverse side into the **Actual Size** box. (Ex: 38CR / 38 RR)

Individuals whose size exceeds the "X" designation can be properly sized by adding needed one-inch increments (X+1, X+2, etc.)

Individuals whose size falls below the "S" designation can be properly sized by **subtracting a one-inch increment only (S-1)**

FEMALE CONVERSION CHART

CHEST BRA CUP	FRONT PANEL		BACK PANEL		GIRTH			
	SEATED MEASUREMENT		STANDING MEASUREMENT		WAIST MEASUREMENT			
					S	R	L	X
32A	10.25	S	11	S	26	28	30	32
32B	11.25	R	12	R	27	29	31	33
32C	12.25	L	13	L	28	30	32	34
32D	13.25	X-1	14	X-1	29	31	33	35
32DD	14.25	X	15	X	30	32	34	36
34A	10.25	S	11.5	S	27.5	29.5	31.5	33.5
34B	11.25	R	12.5	R	28.5	30.5	32.5	34.5
34C	12.25	L	13.5	L	29.5	31.5	33.5	35.5
34D	13.25	X-1	14.5	X-1	30.5	32.5	34.5	36.5
34DD	14.25	X	15.5	X	31.5	33.5	35.5	37.5
36A	10.25	S	11.5	S	29	31	33	35
36B	11.25	R	12.5	R	30	32	34	36
36C	12.25	L	13.5	L	31	33	35	37
36D	13.25	X-1	14.5	X-1	32	34	36	38
36DD	14.25	X	15.5	X	33	35	37	39
38A	10.25	S	11.5	S	30.5	32.5	34.5	36.5
38B	11.25	R	12.5	R	31.5	33.5	35.5	37.5
38C	12.25	L	13.5	L	32.5	34.5	36.5	38.5
38D	13.25	X-1	14.5	X-1	33.5	35.5	37.5	39.5
38DD	14.25	X	15.5	X	34.5	36.5	38.5	40.5
40A	10.25	S	12	S	32	34	36	38
40B	11.25	R	13	R	33	35	37	39
40C	12.25	L	14	L	34	36	38	40
40D	13.25	X-1	15	X-1	35	37	39	41
40DD	14.25	X	16	X	36	38	40	42
42A	10.25	S	12	S	33.5	35.5	37.5	39.5
42B	11.25	R	13	R	34.5	36.5	38.5	40.5
42C	12.25	L	14	L	35.5	37.5	39.5	41.5
42D	13.25	X-1	15	X-1	36.5	38.5	40.5	42.5
42DD	14.25	X	16	X	37.5	39.5	41.5	43.5
44A	10.25	S	12.5	S	35	37	39	41
44B	11.25	R	13.5	R	36	38	40	42
44C	12.25	L	14.5	L	37	39	41	43
44D	13.25	X-1	15.5	X-1	38	40	42	44
44DD	14.25	X	16.5	X	40	41	43	45
46A	10.25	S	12.5	S	36.5	38.5	40.5	42.5
46B	11.25	R	13.5	R	37.5	39.5	41.5	43.5
46C	12.25	L	14.5	L	38.5	40.5	42.5	44.5
46D	13.25	X-1	15.5	X-1	39.5	41.5	43.5	45.5
46DD	14.25	X	16.5	X	40.5	42.5	44.5	46.5
48A	10.25	S	12.5	S	38	40	42	44
48B	11.25	R	13.5	R	39	41	43	45
48C	12.25	L	14.5	L	40	42	44	46
48D	13.25	X-1	15.5	X-1	41	43	45	47
48DD	14.25	X	16.5	X	42	44	46	48
50A	10.25	S	12.5	S	39.5	41.5	43.5	45.5
50B	11.25	R	13.5	R	40.5	42.5	44.5	46.5
50C	12.25	L	14.5	L	41.5	43.5	45.5	47.5
50D	13.25	X-1	15.5	X-1	42.5	44.5	46.5	48.5
50DD	14.25	X	16.5	X	43.5	45.5	47.5	49.5
52A	10.25	S	12.5	S	41	43	45	47
52B	11.25	R	13.5	R	42	44	46	48
52C	12.25	L	14.5	L	43	45	47	49
52D	13.25	X-1	15.5	X-1	44	46	48	50
52DD	14.25	X	16.5	X	45	47	49	51