



Male ABA Steps For Tape Measuring

1. Take a standing waist measurement. Measure across the officer's waist at its widest point. Generally, this will be either approximately two inches above the duty belt or along the belly-button line. Using the chart, determine the panel size needed and place that size on the reverse side in the **"Front Sample Size"** box and the **"Back Sample Size"** box. (Ex: M, L or XL) If the waist measurement falls in between two sizes, we recommend you select the larger size to ensure the panel's edges touch or overlap.

2. Take a front seated measurement. Making sure the officer is in a relaxed seated position, measure from the clavicle notch to a point above the duty belt. Ensure that the front panels 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 of the form in the **"Front Seated Measurement"** box. (Ex: R, L or X)

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 of the form in the **"Back Standing Measurement"** box. (Ex: R or L or X-1)

4. Using the previous waist measurement, use the chart to determine girth width needed, and place that size on the reverse side of this form in the **"Side Standing Measurement"** box. If the waist measurement falls in between two sizes, we recommend you select the larger size to ensure the panels' edges touch or overlap. (Ex: R or L or X)

5. Place the **"Front and Back Sample Size"** the **"Front-Seated Measurement"** the **"Back Standing Measurement"** and the **"Side Standing Measurement"** that you recorded on the reverse side in the **"Actual Size box"**. (Ex: LR / LRR)

MALE SIZING CHART

PANEL SIZE		FRONT PANEL		BACK PANEL		GIRTH	
		SEATED MEASUREMENT		STANDING MEASUREMENT		WAIST MEASUREMENT	
27.5 - 31.5	SMALL	10.5	S	12.5	S	27.5	S
		11.5	R	13.5	R	29.5	R
		12.5	L	14.5	L	31.5	L
		13.5	X-1	15.5	X-1		
		14.5	X	16.5	X		
32 - 35.5	MEDIUM	11.5	S	13.5	S		
		12.5	R	14.5	R	33.5	R
		13.5	L	15.5	L	35.5	L
		14.5	X-1	16.5	X-1		
		15.5	X	17.5	X		
36 - 39.5	LARGE	12.5	S	14.5	S		
		13.5	R	15.5	R	37.5	R
		14.5	L	16.5	L	39.5	L
		15.5	X-1	17.5	X-1		
		16.5	X	18.5	X		
40 - 43.5	XLARGE	13.5	S	15.5	S		
		14.5	R	16.5	R	41.5	R
		15.5	L	17.5	L	43.5	L
		16.5	X-1	18.5	X-1		
		17.5	X	19.5	X		
44 - 47.5	XXLARGE	14 - 14.5	S	16	S		
		15 - 15.5	R	17	R	45.5	R
		16 - 16.5	L	18	L	47.5	L
		17 - 17.5	X-1	19	X-1		
		18 - 18.5	X	20	X		
48 - 51.5	XXXLARGE	14.5	S	16.5	S		
		15.5	R	17.5	R	49.5	R
		16.5	L	18.5	L	51.5	L
		17.5	X-1	19.5	X-1		
		18.5	X	20.5	X		
52 - 57.5	XXXXLARGE	15	S	17	S		
		16	R	18	R	53.5	R
		17	L	19	L	55.5	L
		18	X-1	20	X-1	57.5	X
		19	X	21	X		

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)**