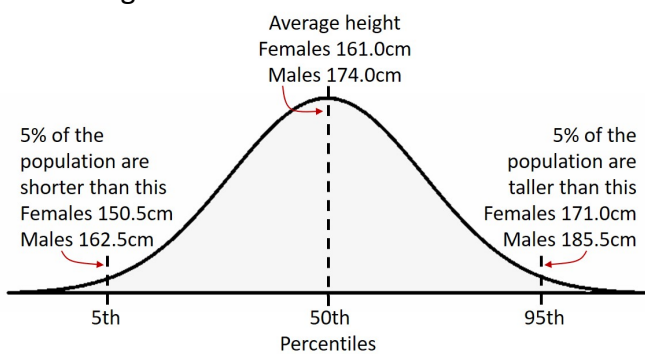


# Design for Everybody

Help us build an understanding of the diversity of body sizes by taking 10 of your own measurements and recording them online. By providing this data it will enable us to build up a picture of the diversity of measurements within the population. It takes just 5-10 minutes and you can record your measurements anonymously.

- 1 Height**  
Dimensions of doorways, length of massage tables, hospital beds and ships' cabins.
- 2 Overhead reach**  
Overhead grip rails on buses and trains, overhead locker height on aircraft.
- 3 Knee height**  
Distance to foot pedals in cars, seat height adjustment range.
- 4 Forward reach**  
Reaching controls on car dashboards, in aircraft cockpits or for emergency switches, equipment design such as rowing boats.
- 5 Chest/bust**  
Clothing sizes, chest straps for heart rate monitors, seatbelt length, protective equipment like stab vests.
- 6 Seated eye height**  
Workstation design such as power station control room displays or aeroplane cockpits, wheelchair communication aid screens.
- 7 Seated shoulder breadth**  
Car and public transport seat dimensions, fighter jet cockpit design.
- 8 Seated hip breadth**  
Aircraft seat design, cinema and theatre seats, rollercoaster dimensions.
- 9 Index fingertip width**  
Laptop keyboards, buttons on remote controls, touch screen icons.
- 10 Thumb tip width**  
Gloves, scissor handles, mobile phone buttons.

**What might the measurements show us?** Most data collected from a population follows a normal distribution, for example, the heights of British adults aged 19-65:

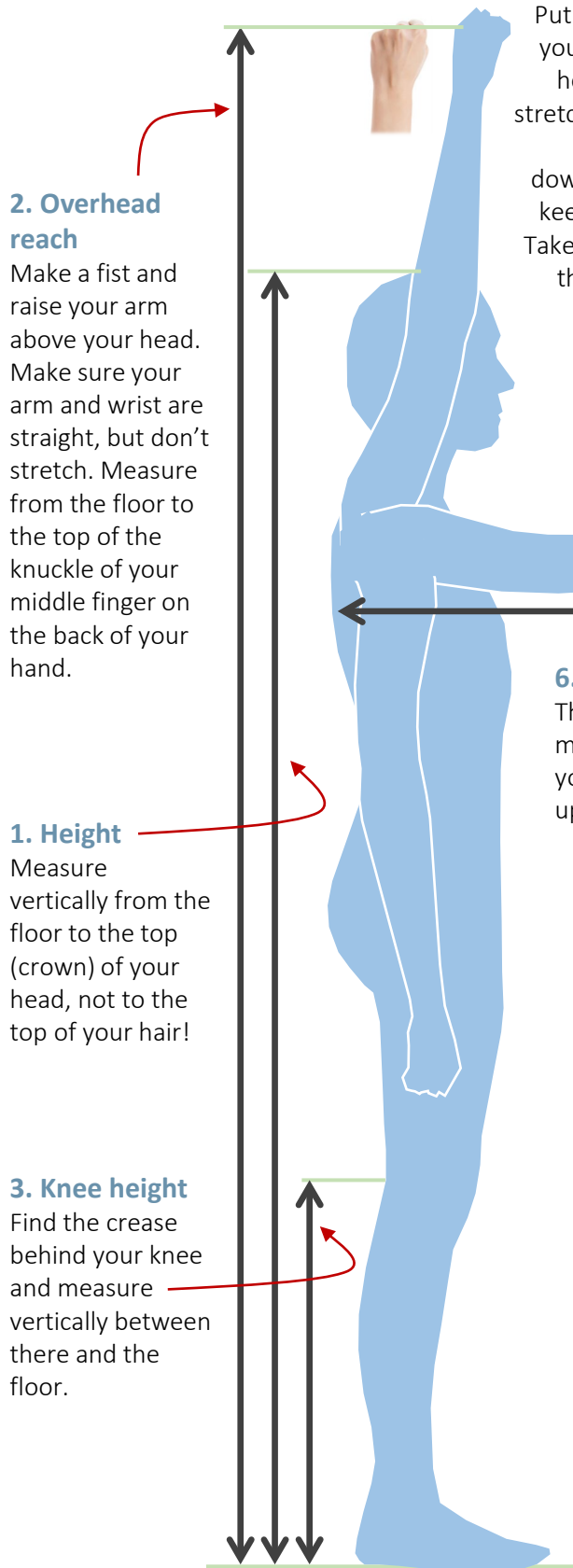
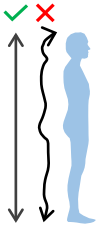


Record your measurements at  
[DesignForEverybody](https://www.designforeverybody.com)

# Take 10! Guide to taking your measurements

Measurements should be taken with a tape measure and with a family member or friend to help. You should wear light clothing, for example underwear and a t-shirt or shirt but not a jumper, and no shoes.

**Important note:** All measurements, (apart from chest/bust) should be straight and not follow the curves of your body!



## 2. Overhead reach

Make a fist and raise your arm above your head. Make sure your arm and wrist are straight, but don't stretch. Measure from the floor to the top of the knuckle of your middle finger on the back of your hand.

## 4. Forward reach

Put your arm out in front of you so that it's straight and horizontal, but you're not stretching forward. Turn your hand so your palm is downwards and make a fist, keeping your wrist straight. Take the measurement from the back of your shoulder blades to the top of the knuckle of your middle finger on the back of your hand.

## 1. Height

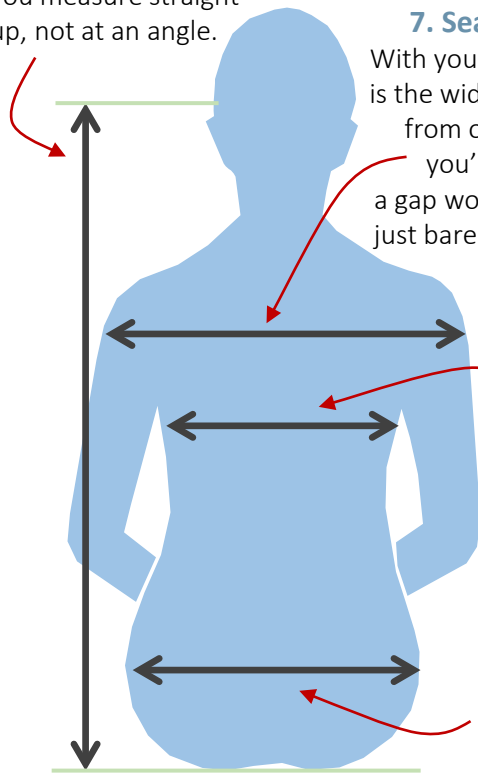
Measure vertically from the floor to the top (crown) of your head, not to the top of your hair!

## 3. Knee height

Find the crease behind your knee and measure vertically between there and the floor.

## 6. Seated eye height

This is the vertical distance from where your bottom meets the seat to the corner of your eye. Make sure you measure straight up, not at an angle.



## 7. Seated shoulder breadth

With your arms by your sides, this is the width across your shoulders from one side to the other as if you're working out how wide a gap would have to be for you to just barely fit through it. Measure horizontally across the widest, rounded part of the upper arm.

## 5. Chest/bust

Pass the tape measure around your back across your shoulder blades and measure around the widest part of your chest.

## 8. Seated hip breadth

This is the widest part across your hips/bottom when you're sitting. Imagine you're trying to work out what the width of the smallest chair you could sit in would be!

## 9. Index fingertip width

Measure across the widest part of the tip of your index (first) finger.



## 10. Thumb tip width

Measure across the widest part of the tip of your thumb.

