**Таблицы размеров по ГОСТу.**

Правила при снятии мерок

1. Снимать мерки нужно в облегающей одежде или в нижнем белье
2. При снятии мерок стойте естественно ровно, спину держите прямо, не сутультесь
3. Сантиметровую ленту следует прикладывать не очень плотно к телу, не затягивая, но и не расслабляя

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | ***Размеры*** | | | | | | ***Женские*** | | | | | | | Ф.И.О,  сотрудника | Рост | **Измерение фигуры человека в см.(ГОСТ)** | | | | ОГ(обхват груди ) измерение N1 | ОТ(обхват талии) измерение N2 | ОБ(обхват бедер) измерение N3 | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | | ***C:\ОВ\YandexDisk\YandexDisk\Документы\ОВ\не рассортировано\merki_4.jpg*** | | | | | | ***Мужские*** | | | | | | | Ф.И.О,  сотрудника | Рост | **Измерение фигуры человека в см.(ГОСТ)** | | | | ОГ(обхват груди ) измерение N1 | ОТ(обхват талии) измерение N2 | ОБ(обхват бедер) измерение N3 | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | | **C:\ОВ\YandexDisk\YandexDisk\Документы\ОВ\не рассортировано\354573_0cc367e86bf14e77ae00f2ff908aa3a7_mv2-2.jpg** | | | | | |