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**National Standard
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GB 10000-88

Human dimensions of Chinese adults

中国成年人人体尺寸

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1 Subject content and application scope

According to the human ergonomics, this Standard provides the base values of human dimensions of Chinese adults. It is applicable to industrial products, architectural design, military industries, industrial technical reformation and equipment upgrade, and labor safety protection.

The values listed in this Standard represent the legal Chinese adults who engage in industrial manufacturing (male: 18 to 60 years old; female: 18 to 55 years old).

2 References

GB 3975 Terminology of Anthropometry

GB 5703 Method of Anthropometry

3 Precautions of using human dimension data

When using human dimension data of this Standard, it shall pay attention to the following points:

3.1 All the values are measured in nude. If they are used in the design, it shall consider the increased margin of clothes that may vary in different areas of the country.

3.2 When standing, it requires to naturally throw out the chest and stand upright. When sitting, it requires to sit upright. If used in designing other standing-posture or sitting-posture (relaxed posture, for example), it shall add appropriate corrective values.

3.3 Due to vast territory of China, human dimensions greatly vary in different areas, thus the whole country is divided into 6 regions: Northeast China, North China, Northwest China, Southeast China, Central China, South China, and Southwest China.

Notes: these regions are divided according to anthropometric measurement data of conscription examination:

Northeast China and North China include: Heilongjiang, Jilin, Liaoning, Inner Mongolia, Shandong, Beijing, Tianjin, and Hebei.

Northwest China includes: Gansu, Qinghai, Tibet, Ningxia, Shaanxi, Shanxi, Henan, and Xinjiang.

Southeast China includes: Anhui, Jiangsu, Shanghai, and Zhejiang.

Central China includes: Hunan, Hubei, and Jiangxi.

South China includes: Guangdong, Guangxi, and Fujian.

Southwest China includes: Guizhou, Sichuan, and Yunnan.

When using the data, it can refer to Annex A.

4 Human dimensions and parts data

This Standard totally lists out 47 items of human-body dimension base data, according to different genders, and it is divided into 3 age groups: 18 to 25 years old (male and female); 26 to 35 years old (male and female); and 36 to 60 years old (male) / 36 to 55 years old (female). USE 7 Figures to respectively represent the parts of the items and list out its corresponding percentiles.

4.1 Main dimensions and parts of human-body refer to Figure 1, Table 1, and Table 2.

Annex A

(Informative)

Mean M and standard deviation S_D of height, chest circumference, and weight in 6 regions

Table A1 Ages: 18 to 60 years old (male) mm

Items	Northeast China and North China		Northwest China		Southeast China		Central China		South China		Southwest China	
	M	S _D	M	S _D	M	S _D	M	S _D	M	S _D	M	S _D
Weight, kg	64	8.2	60	7.6	59	7.7	57	6.9	56	6.9	55	6.8
Height	1693	56.6	1684	53.7	1686	55.2	1669	56.3	1650	57.1	1647	56.7
Chest circumference	888	55.5	880	51.5	865	52.0	853	49.2	851	48.9	855	48.3

Table A2 Ages: 18 to 55 years old (female) mm

Items	Northeast China and North China		Northwest China		Southeast China		Central China		South China		Southwest China	
	M	S _D	M	S _D	M	S _D	M	S _D	M	S _D	M	S _D
Weight, kg	55	7.7	52	7.1	51	7.2	50	6.8	49	6.5	50	6.9
Height	1586	51.8	1575	51.9	1575	50.8	1560	50.7	1549	49.7	1546	53.9
Chest circumference	848	66.4	837	55.9	831	59.8	820	55.8	819	57.6	809	58.8

Additional explanation:

This Standard is responsibly drafted by China Institute of Standardization and Information Classification and Coding, Institute of Vertebrate Paleontology and Paleoanthropology of Chinese Academy of Sciences, and Biology Department of Fudan University participate in the drafting.

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