



# WRIST SIZER

## MEDICAL BRACELETS

### ▶ PRINT OPTIONS

To get the best results, you will need to go to the 'printing option' before printing and ensure that the 'page scaling' option is set to 'none' in the print dialogue box. The Wrist Sizer must be printed on a full letter (8 ½ x 11 inches) size page. To check that the Wrist Sizer has been printed properly, take a ruler and measure the sample below. It should measure exactly 2 cm.



### ▶ HOW TO USE THE WRIST SIZER

- Cut out the paper Wrist Sizer and follow the instructions below.
- Make sure that the numbers are on the outside of the paper Wrist Sizer and insert the pointed end through the opening you have cut at the the other end of the Wrist Sizer where indicated [cut here]. Place your hand through the Wrist Sizer and pull the pointed end until it fits comfortably on your wrist.
- The number that lines up with the edges of the opening is the size of the wrist.
- You can also use a tape measure but if you do not have one, take any small piece of ribbon or cord. Wrap it around your wrist and measure the length against a ruler.

Please note that the Wrist Sizer is an indicative guide only and therefore may not be an exact measure.

