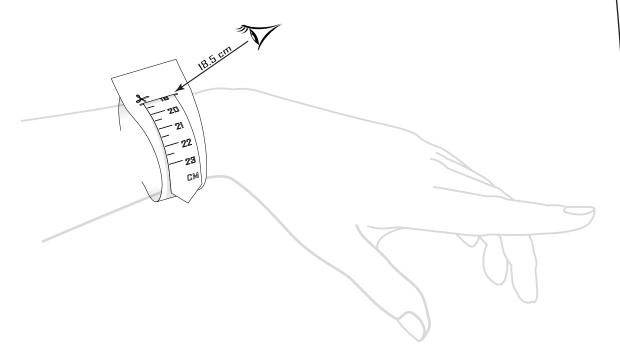


Cut Here

How to use the Wrist Sizer:

- Cut out the paper Wrist Sizer and follow the instructions below.
- Insert the pointed end through the opening you have cut at the other end of the Wrist Sizer where indicated (Cut Here).
- Place your hand through the Wrist Sizer and slowly 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 or take any small piece of ribbon or cord. Wrap it around your wrist and measure the length against a ruler.



Before printing the Wrist Sizer, please ensure the "page scaling" option is set to "none" in the print dialogue box. The Wrist Sizer must be printed on a full A4 size page. To check that the Wrist Sizer has been printed properly, use a ruler and measure below. It should measure exactly 2cm.



76
0
5

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CM