



Weight Conversion Chart

Kilograms	Pounds
40 kg	88 pounds
45 kg	99 pounds
50 kg	110 pounds
55 kg	121 pounds
60 kg	132 pounds
65 kg	143 pounds
70 kg	154 pounds
75 kg	165 pounds
80 kg	176 pounds
85 kg	187 pounds
90 kg	198 pounds
95 kg	209 pounds
100 kg	220 pounds
105 kg	231 pounds
110 kg	243 pounds
115 kg	254 pounds
120 kg	265 pounds
125 kg	276 pounds
130 kg	287 pounds
135 kg	298 pounds

Height Conversion Chart

Feet/Inches	Centimetres
4 feet 11 inches	150 cm
5 feet 0 inches	152 cm
5 feet 1 inches	155 cm
5 feet 2 inches	157 cm
5 feet 3 inches	160 cm
5 feet 4 inches	163 cm
5 feet 5 inches	165 cm
5 feet 6 inches	168 cm
5 feet 7 inches	170 cm
5 feet 8 inches	173 cm
5 feet 9 inches	175 cm
5 feet 10 inches	178cm
5 feet 11 inches	180 cm
6 feet 0 inches	183 cm
6 feet 1 inches	185 cm
6 feet 2 inches	188 cm
6 feet 3 inches	191 cm
6 feet 4 inches	193 cm
6 feet 5 inches	196 cm

Shoulder/Hip or Underarm Measurement Sling Size

Inches	Centimetres
21	53
21.5	55
22	56
22.5	57
23	58
23.5	60
24	61
24.5	62
25	63.5
25.5	65
26	66
26.5	67
27	69
27.5	70
28	71
28.5	72
29	74
29.5	75
30	76
31	77.5
30	76
31	77.5