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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 10000-2023

Replacing GB/T 10000-1988, GB/T 13547-1992

Human dimensions of Chinese adults

中国成年人人体尺寸

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Foreword

This document was drafted in accordance with the rules provided in GB/T 1.1-2020 *Directives for standardization - Part 1: Rules for the structure and drafting of standardizing documents*.

This document replaces GB/T 10000-1988 *Human dimensions of Chinese adults* and GB/T 13547-1992 *Human dimensions in workspaces*. This document is based on GB/T 10000-1988 and integrates the contents of GB/T 13547-1992. Compared with GB/T 10000-1988, in addition to structural adjustments and editorial changes, the main technical changes are as follows:

- Based on the surveys on human dimensions of Chinese adults conducted from 2014 to 2018, change all statistics on human dimensions (see Tables 1 to 10 in 5.4, Tables B.1 to B.12 in Appendix B, and Tables C.1 to C.2 in Appendix C; Tables 1 to 14 and Tables A1 to A2 in Appendix A of GB/T 10000-1988; Tables 1 to 6 and Tables A1 to A2 in Appendix A of GB/T 13549-1992);
- Add five measurement items of human dimensions: biceps circumference, thigh circumference, interpupillary distance, hand girth at metacarpale, and boll of foot girth (see Table 1 to Table 10 in 5.4);
- Change the age groups into the following 4: “18 ~ 25 years old”, “26 ~ 35 years old”, “36 ~ 60 years old” and “61 ~ 70 years old” (see 4.1; Chapter 4 of GB/T 10000-1988);
- Add “human functional dimensions”, and change and include the relevant content of GB/T 13547-1992 (see Appendix B).

Please note that some of the contents of this document may involve patents. The issuing organizations of this document are not responsible for identifying patents.

This document shall be under the jurisdiction of National Technical Committee on Ergonomics of Standardization Administration of China (SAC/TC 7).

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Main drafters of this document: Zhang Xin, Ran Linghua, Liu Taijie, Zhao Chaoyi, Hu Huimin, Li Su, Cao Yong, Xu Lei, Wu Jian, Xu Shucai, Luo Hong, Qiu Yueming, Zou Guohua, Guo Xiaochao, Zheng Rong, Zheng Xiaohui, Jiang Liangkui, Ju Weinan, Dong Dayong, Song Jiafeng, Shen Yingqin, Hua Bo, Wang Zhongting, Zhao He, Luo Ling, Xie Mengyao, Chen Dawei, Jiang Nan, Lan Yongxia, Ma Shuai, Wen Quan, Wu Haimei.

The previous versions of the documents which are replaced by this document are as follows:

- First released in 1988 as GB/T 10000-1988;
- First released in 1992 as GB/T 13547-1992.
- This is the first revision, incorporating the contents of GB/T 13547-1992 into GB/T 10000.

Human dimensions of Chinese adults

1 Scope

This document gives the basic statistical values of the human dimensions of adults in our country for technical design, including static human dimensions AND functional human dimensions for workspace design.

This document applies to the design and technical transformation and update of production and service products, equipment, and facilities for adult consumer goods, transportation, clothing, home furnishing, construction, labor protection, military, etc., as well as the design and the ergonomic evaluation of various operations, maintenance, safety protection and other workspaces related to human dimensions.

2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the version corresponding to that date is applicable to this document; for undated references, the latest version (including all amendments) is applicable to this document.

GB/T 5703-2023, Basic human body measurements for technological design

GB/T 12985, General rules of using percentiles of the body dimensions for products design

GB/T 22187-2008, General requirements for establishing anthropometric databases

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

3.1

standing posture

The posture in which the subject's body is straight, the head is positioned in the Frankfurt plane, the eyes are looking straight ahead, the shoulders are relaxed, the upper limbs hang naturally, the hands straighten, the palms are facing in, the fingers are lightly pressed against the sides of the thighs, the heels of the left and right feet are close together, the front ends are separated at an angle of approximately 45°, and the weight is evenly distributed on both feet.