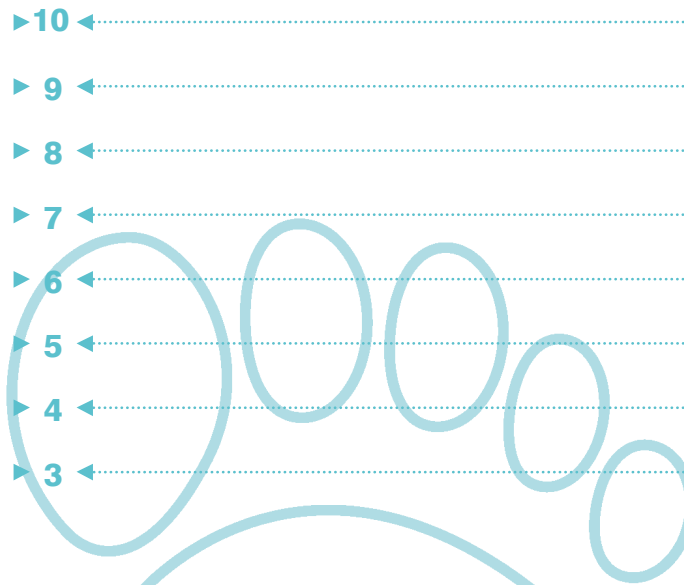


ATTENTION!

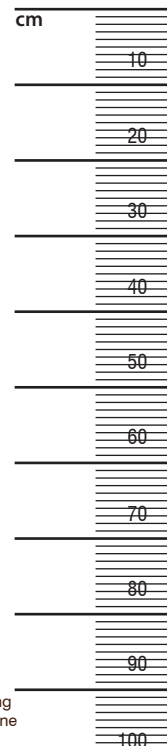
For an accurate measurement when printing from Acrobat please Choose:

File > Print > Page Scaling set to None



Please ensure you have printed to correct size

Check the accuracy of the centimetre ruler on the right with your own ruler.



Place edge of card to wall

Place the heel of your foot against the wall

Cut along dotted line

