

Milford Lift Sling & Spreader Bar Sizing Charts

Weight	Height	Sling Size
0-80 lbs.	0-4'10"	X SM
90 lbs.	0-4'10"	X SM
100 lbs.	0-4'10"	XSM/SM
110 lbs.	4'10"-5'4"	SM
120 lbs.	4'10"-5'4"	SM
130 lbs.	4'10"-5'4"	SM/MED
140 lbs.	5'3"-5'7"	MED
150 lbs.	5'3"-5'7"	MED
160 lbs.	5'3"-5'7"	MED / LRG
170 lbs.	5'6"-6'4"	MED / LRG
180 lbs.	5'6"-6'4"	MED / LRG
190 lbs.	5'6"-6'4"	LRG
200 lbs.	5'6"-6'4"	LRG
210 lbs.	5'6"-6'4"	LRG
220 lbs.	5'6"-6'4"	LRG
230 lbs.	5'6"-6'4"	LRG / X LRG
240 lbs.	5'6"-6'4"	LRG / X LRG
250 lbs.	5'9"- above	LRG / X LRG
260 lbs.	5'9"- above	LRG / X LRG
270 lbs.	5'9"- above	X LRG
280 lbs.	5'9"- above	X LRG
290 lbs.	5'9"- above	X LRG
300 lbs.	5'9"- above	X LRG
310 lbs.	5'9"- above	X LRG
320 lbs.	5'9"- above	X LRG
330 lbs.	5'9"- above	X LRG

PLEASE NOTE THIS IS A GUIDE. A SIZE EVALUATION CANNOT BE GUARANTEED BY THIS CHART ALONE. PLEASE GIVE ALL APPROPRIATE MEASUREMENTS TO THE MANUFACTURER BEFORE ORDERING.

SLING SIZE	X-SMALL	SMALL	MEDIUM	LARGE	X- LARGE
WAIST	0-18 inch	18-22 in	22-30 in	30-44in	44 - above

SPREADER	SMALL	STANDARD	X-LARGE
BAR SIZE			
WAIST SIZE	under 26 "	27" - 42"	OVER 42"