Official Definition of "Reference Man"

"Reference man is defined as being between 20-30 years of age, weighing 70 kg, is 170 cm in height, and lives in a climate with an average temperature of from 10^{o} to 20^{o}C. He is a Caucasian and is a Western European or North American in habitat and custom."

Source: International Commission on Radiological Protection. *Report of the Task Group on Reference Man*. [ICRP Publication] No. 23. Oxford: Pergamon Press, 1975. Adopted October 1974. Page 4.

Note:
70 kilograms ≈ 154 pounds
170 centimeters ≈ 5 feet 7 inches