

# HOW 2 MEASURE

FIND YOUR BEST FIT

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## Ladies' FIT

### 1 BUST

Use a tape measure to measure loosely around the fullest part of your bust. Make sure you keep the tape measure straight all around your body.

### 2 WAIST

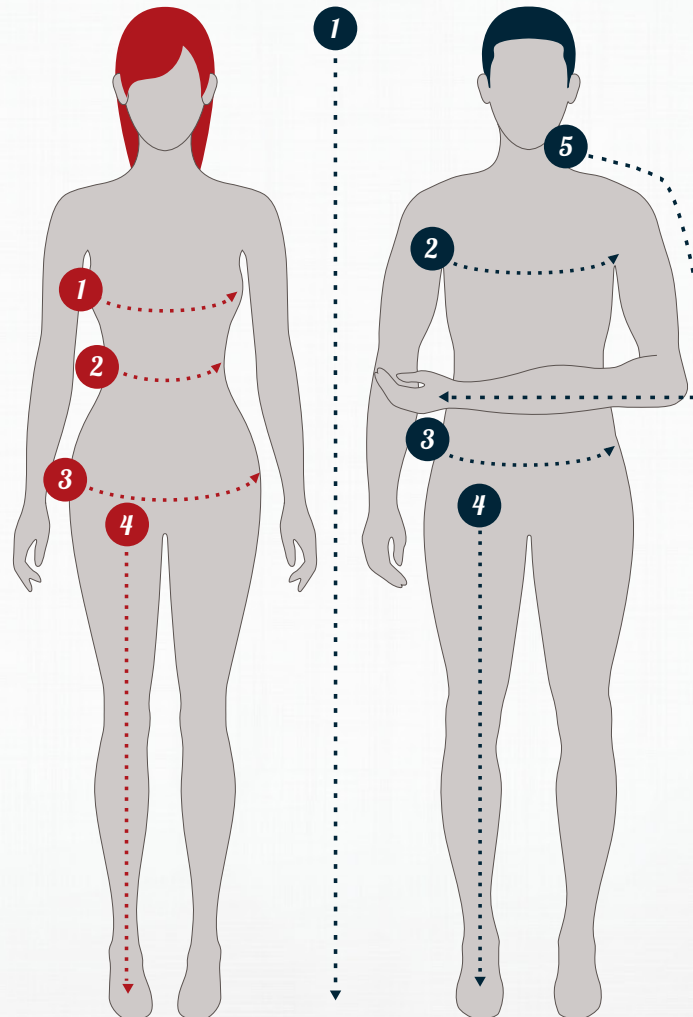
Measure around your waist at the height you prefer to wear your waistband. Measure over a shirt (not over pants).

### 3 HIP

Take a tape measure and wrap it around your hips. Make sure the tape is over the largest part of your buttocks.

### 4 INSEAM

Use a pair of pants that fit you well. Measure them along the inside seam of one leg from the bottom of hem to the crotch.



## Mens' FIT

### 1 HEIGHT

Measure your height from the top of your head to the bottom of your feet (without any shoes on).

### 2 CHEST

Measure around the fullest part of your chest, just under your arms.

### 3 WAIST

Measure around your waist at the height you prefer to wear your waistband. Measure over a shirt (not over pants).

### 4 INSEAM

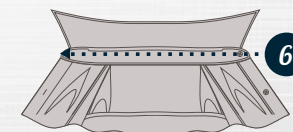
Use a pair of pants that fit you well. Measure them along the inside seam of one leg from the bottom of hem to the crotch.

### 5 SLEEVE

With elbow bent, measure from the center of the back of your neck around your elbow and to your wrist.

### 6 NECK

Measure around the base of your neck where a collared shirt would fit you, or measure a collar band on a shirt that fits you well. Measure from the beginning of the button hole to the center of the button.



### Ladies' Fit Chart

AA	SIZE	TOLERANCE	XXS		XS		S		M		L		XL		2XL		3XL	
			0	2	4	6	6	8	10	12	14	16	18	20	22	24	24	26
			CHEST	±1"	32	33	34	35	35	6	37	38 ½	40 ½	42 ½	44 ½	46 ½	48 ½	50 ½
WAIST	±1"	25	26	27	28	28	29	30	31 ½	33 ½	35 ½	37 ½	39 ½	41 ½	43 ½	45 ½	47 ½	
HIPS	±1"	35	36	37	38	38	39	40	41 ½	43 ½	45 ½	47 ½	49 ½	51 ½	53 ½	55 ½	57 ½	
INSEAM																		
SHORT	±1"	28																
REGULAR	±1"	30-32																
TALL	±1"	32-34																

### Ladies' Jackets

BB	SIZE	TOLERANCE	S			M			L			XL			2XL			3XL			4XL			5XL		
			34	35	36	38	39	40	42	43	44	46	47	48	50	51	52	54	55	56	58	59	60	62	63	64
			CHEST	±1"	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64
SLEEVE REGULAR	±1"	33 ½			34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			
SLEEVE TALL	±1"	34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			41 ½			

### Ladies' Fleece Pants

CC	ALPHA	S			M			L			XL		2XL		3XL		4XL		5XL		6XL	
		28	29	30	31	32	33	34	35	36	38	40	42	44	46	48	50	52	54	56	58	60
		INSEAM REGULAR	32																			
INSEAM TALL	34																					

### Ladies' Coveralls & Bib Overalls

DD	ALPHA	S			M			L			XL		2XL		3XL		4XL		5XL		6XL	
		36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66					
		HEIGHT REGULAR	5'4" - 5'7"																			
HEIGHT TALL	5'8" - 6'1"																					

### Men's Fleece Pants

A	ALPHA	S			M			L			XL		2XL		3XL		4XL		5XL		6XL	
		28	29	30	31	32	33	34	35	36	38	40	42	44	46	48	50	52	54	56	58	60
		INSEAM REGULAR	33																			
INSEAM TALL	34																					

### Men's Coveralls & Bib Overalls

B	ALPHA	S			M			L			XL		2XL		3XL		4XL		5XL		6XL	
		34	35	36	38	39	40	42	43	44	46	48	50	52	54	56	58	60	62	64	66	
		INSEAM REGULAR	5'8" - 6'																			
INSEAM TALL	6'1" - 6'3"																					

### Men's Pants & Jeans

D	(TAILLE) NUMERICAL	28	29	30	31	32	33	34	35	36	38	40	42	44	46	48	50	52	54	56	58	60	
		INSEAM 30	30																				
		INSEAM 32	32																				
INSEAM 34	34																						
INSEAM 36 (UNF)	36																						

### Men's Jackets & Liners

E	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		34	35	36	38	39	40	42	43	44	46	47	48	50	51	52	54	55	56	58	59	60	62	63	64
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
SLEEVE REGULAR	33 ½			34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			
SLEEVE TALL	34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			41 ½			

### Men's Lab & Work Coats

F	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		34	35	36	38	39	40	42	43	44	46	47	48	50	51	52	54	55	56	58	59	60	62	63	64
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
SLEEVE REGULAR	33			34			35			36			37			38			39			40			
SLEEVE TALL	34			35			36			37			38			39			40			41			

### Men's Mollen Metal Shirts & Food processing Shirts

G	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
NECK	15 - 15 ½			16 - 16 ½			17 - 17 ½			18 - 18 ½			19 - 19 ½			20 - 20 ½			21 - 21 ½			22 - 22 ½			
SLEEVE REGULAR	33			34			35			36			37			38			39			40			
SLEEVE TALL	34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			41 ½			

### Men's Dress Shirts

H	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
NECK	15 - 15 ½			16 - 16 ½			17 - 17 ½			18 - 18 ½			19 - 19 ½			20 - 20 ½			21 - 21 ½			22 - 22 ½			
SLEEVE REGULAR	33 ¾			34 ¾			35			35 ¾			36 ¾			37 ¾			38 ¾			39 ¾			
SLEEVE TALL	34 ¾			35 ¾			36			36 ¾			37 ½			38 ¾			39			39 ¾			

### Men's Industrial Work Shirt

I	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
NECK	15 - 15 ½			16 - 16 ½			17 - 17 ½			18 - 18 ½			19 - 19 ½			20 - 20 ½			21 - 21 ½			22 - 22 ½			
SLEEVE REGULAR	33 ¾			34 ¾			35			35 ¾			36 ¾			37 ¾			38 ¾			39 ¾			
SLEEVE TALL	34 ¾			35 ¾			36			36 ¾			37 ¾			38 ¾			39 ½			39 ¾			

### Men's Knitwear

J	SIZE	S			M			L			XL			2XL			3XL			4XL			5XL		
		34	35	36	38	39	40	42	43	44	46	47	48	50	51	52	54	55	56	58	59	60	62	63	64
		CHEST	34-36			38-40			42-44			46-48			50-52			54-56			58-60			62-64	
SLEEVE REGULAR	33 ½			34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			
SLEEVE TALL	34 ½			35 ½			36 ½			37 ½			38 ½			39 ½			40 ½			41 ½			