

HOW **2** MEASURE

FIND YOUR BEST 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.

FIT Charts

<i>Men's Dress Shirts</i>									
A	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	NECK	14-14 1/2	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	20-20 1/2	21-21 1/2
	SLEEVE REG	33 1/2	34 1/4	35	35 3/4	36 1/2	37 1/4	38	38 3/4
	SLEEVE TALL	34 1/2	35 1/4	36	36 3/4	37 1/2	38 1/4	39	39 3/4

<i>Industrial Work Shirts</i>									
B	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	NECK	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	20-20 1/2	21-21 1/2	22-22 1/2
	SLEEVE REG	33 3/4	34 3/8	35	35 5/8	36 1/4	37 7/8	37 1/2	38 1/8
	SLEEVE TALL	34 1/4	35 7/8	36 1/2	37 1/8	37 3/4	38 3/8	39	39 5/8

<i>Molten Metal Shirts & Food Processing Shirts</i>									
C	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	NECK	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	20-20 1/2	21-21 1/2	22-22 1/2
	SLEEVE REG	33	34	35	36	37	38	39	40
	SLEEVE TALL	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2	41 1/2

<i>Knitwear</i>									
D	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	35-38	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	SLEEVE REG	33 1/2	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2
	SLEEVE TALL	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2	41 1/2

Pants & Jeans

E	WAIST (NUMERIC)	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										

Fleece Pants

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

Bib Overalls & Coveralls

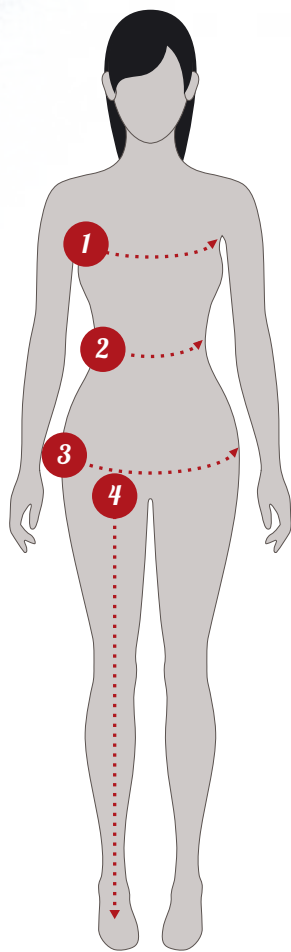
G	ALPHA SIZE	S	M		L		XL		2XL		3XL		4XL		5XL		6XL	
	NUMERIC SIZE	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	
	HEIGHT (REG)												32					
	HEIGHT (TALL)												34					

Jackets & Liners

H	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	SLEEVE REG	33 1/2	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2
	SLEEVE TALL	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2	41 1/2

Lab & Work Coats

I	SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
	CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
	SLEEVE REG	33	34	35	36	37	38	39	40
	SLEEVE TALL	34	35	36	37	38	39	40	41



HOW² MEASURE

FIND YOUR BEST FIT

1 CHEST

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

2 WAIST

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

3 HIPS

measure at the largest part of the hip

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.

Fit chart for ladies

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	52 ½	54 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															