

# Sizing Chart / Instructions

## General Measuring Guidelines


**TRY THE GARMENT ON!** The best way to insure a proper fit is to try on a sizing sample of the actual garment to be worn. It is better if the garment has been washed to allow for shrinkage, especially with 100% cotton products. If you change suppliers or brands, it is suggested that you repeat this process.

**Consider:** Upsizing if you intend to wear garments over street clothes (coveralls, jumpsuits).

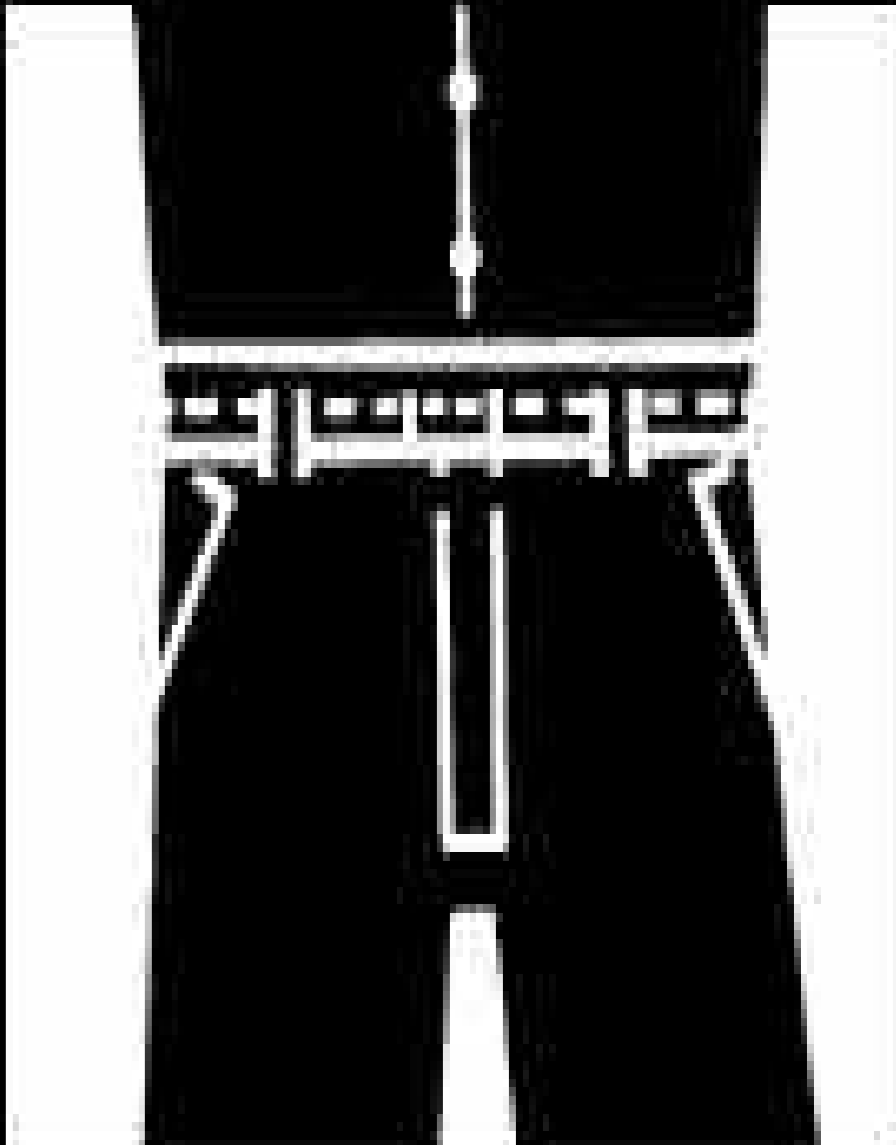
## Important...

- Always have *someone else* take the measurements.
- Hold the tape straight and snug, *but not tight*.
- If the measurement falls between two sizes, *order the larger size*.
- The tape should always be *placed exactly* on those body parts illustrated at right.


**TROUSERS**  
Measure a pair of well-fitting pants along the *inseam* from the crotch seam to the bottom of leg or cuff for correct size.



**BELTLINE**  
Measure a pair of well-fitting pants around the waist. The number of *even inches* measured is the correct size.



**SLEEVES**  
Measure from the middle of the back at the neck, to the elbow point and *then* to the wrist bone for the correct size.



**JACKETS & COATS**  
Measure from the base of the collar to the *bottom of hem* for correct length.

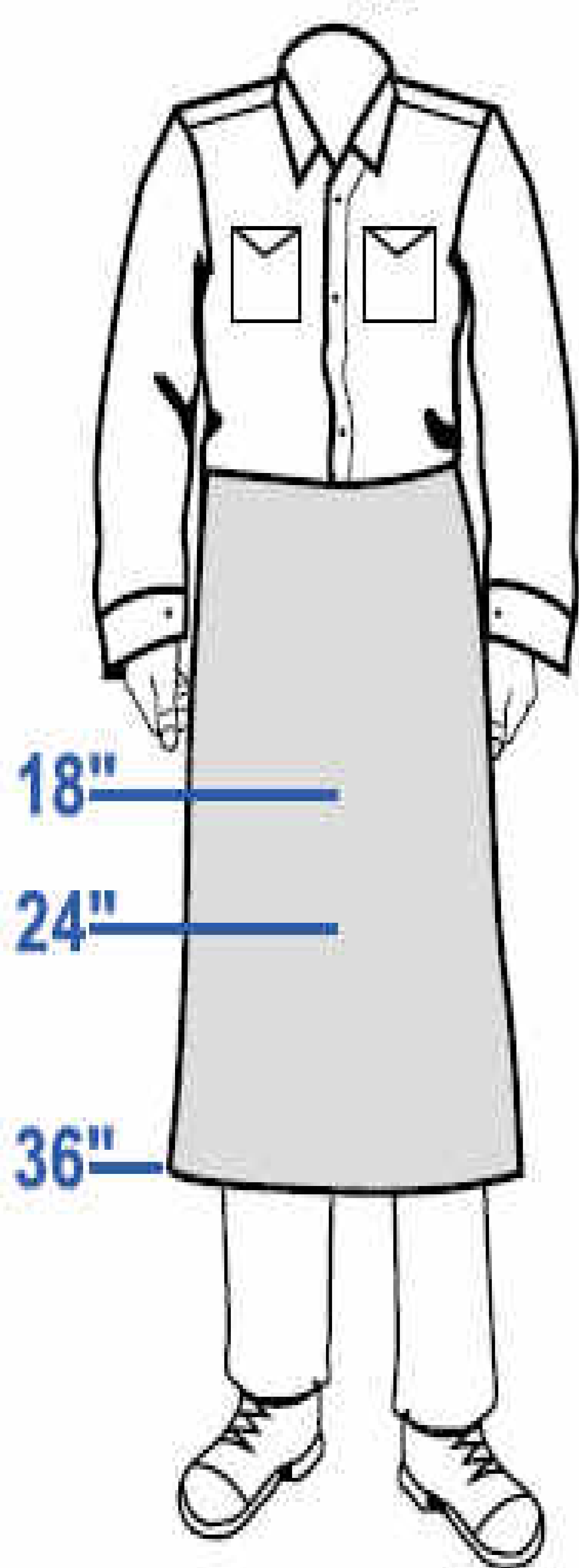


**For Coveralls and Jumpsuits:**

Short:	5'6" and Under
Regular:	5'7" to 6'0"
Tall:	6'1/2" to 6'3"

**Pants:**

Waist Sizes:	28" thru 54"
Inseams:	30" thru 36"
Standard Inseam:	32"

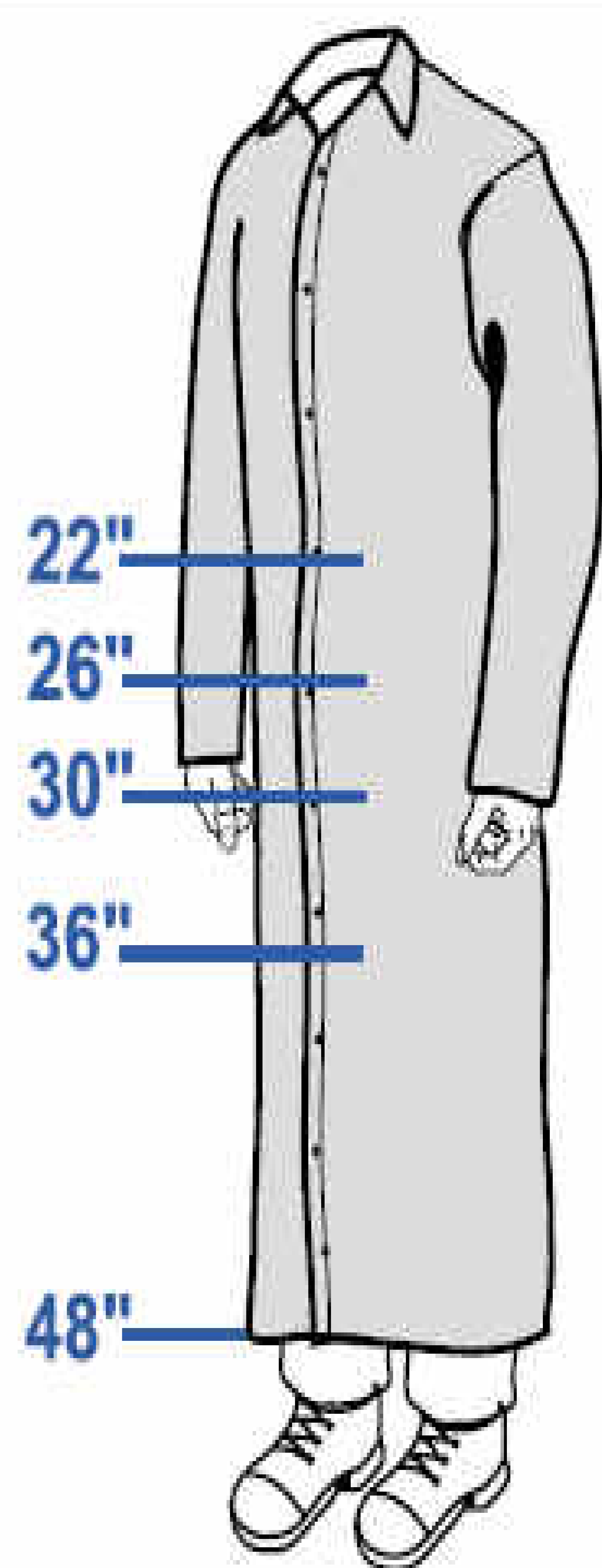


**Waist Apron Lengths**

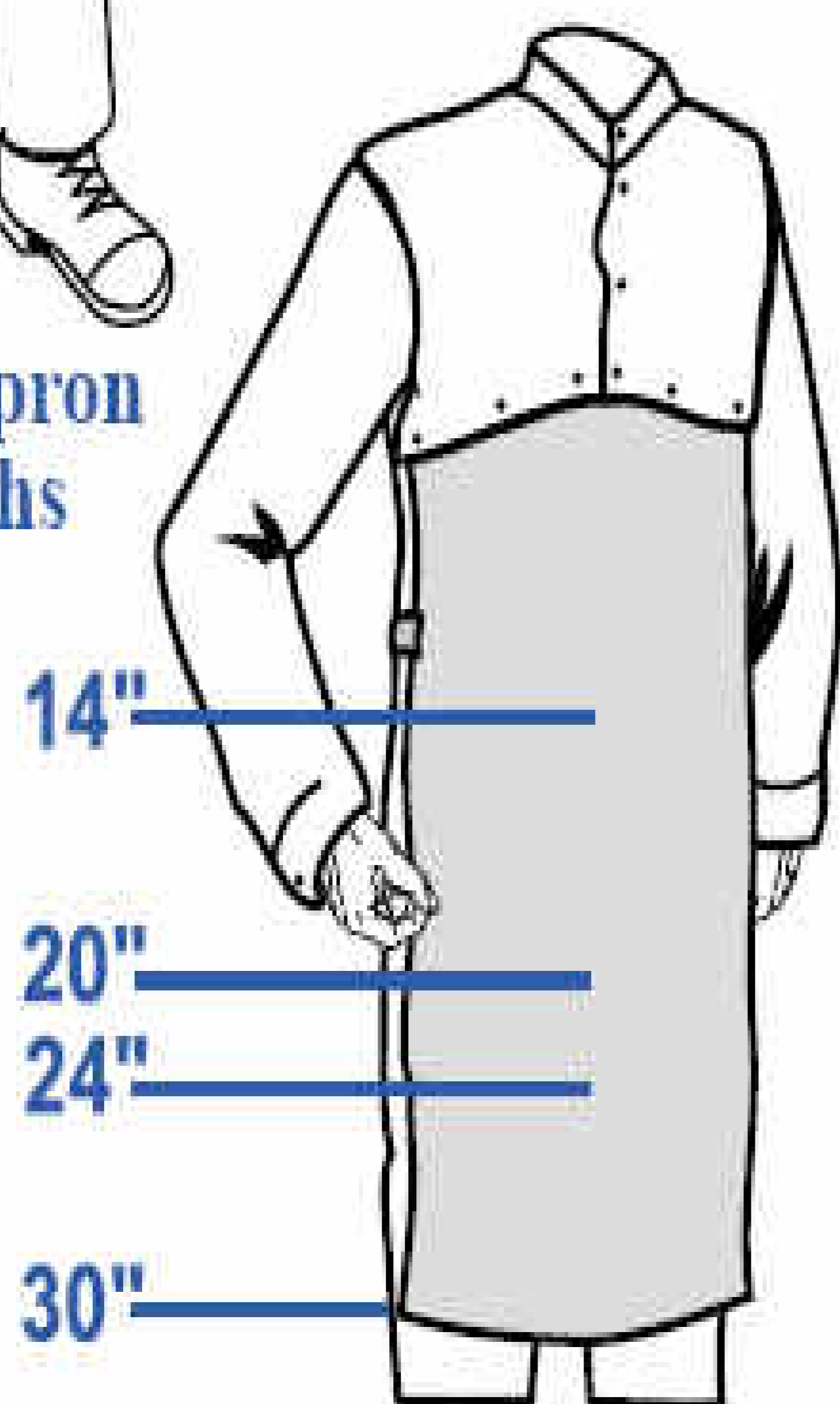
## Size Chart (Chest Dimensions)

- Coveralls
- Cape Sleeves
- Jackets
- Shirts
- Lab Coats

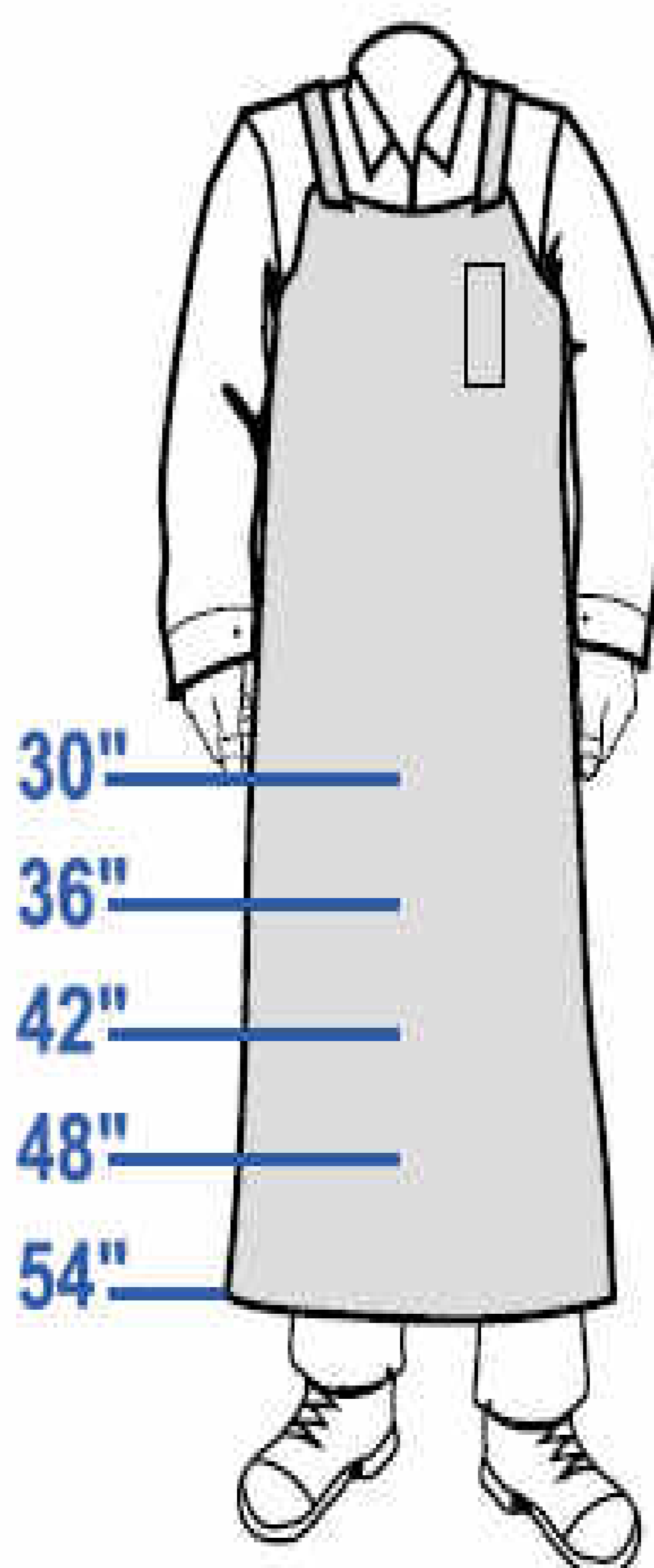
X-Small	30 - 32
Small	34 - 36
Medium	38 - 40
Large	42 - 44
X-Large	46 - 48
2XL	50 - 52
3XL	54 - 56
4XL	58 - 60
5XL	62 - 64
6XL	66 - 68



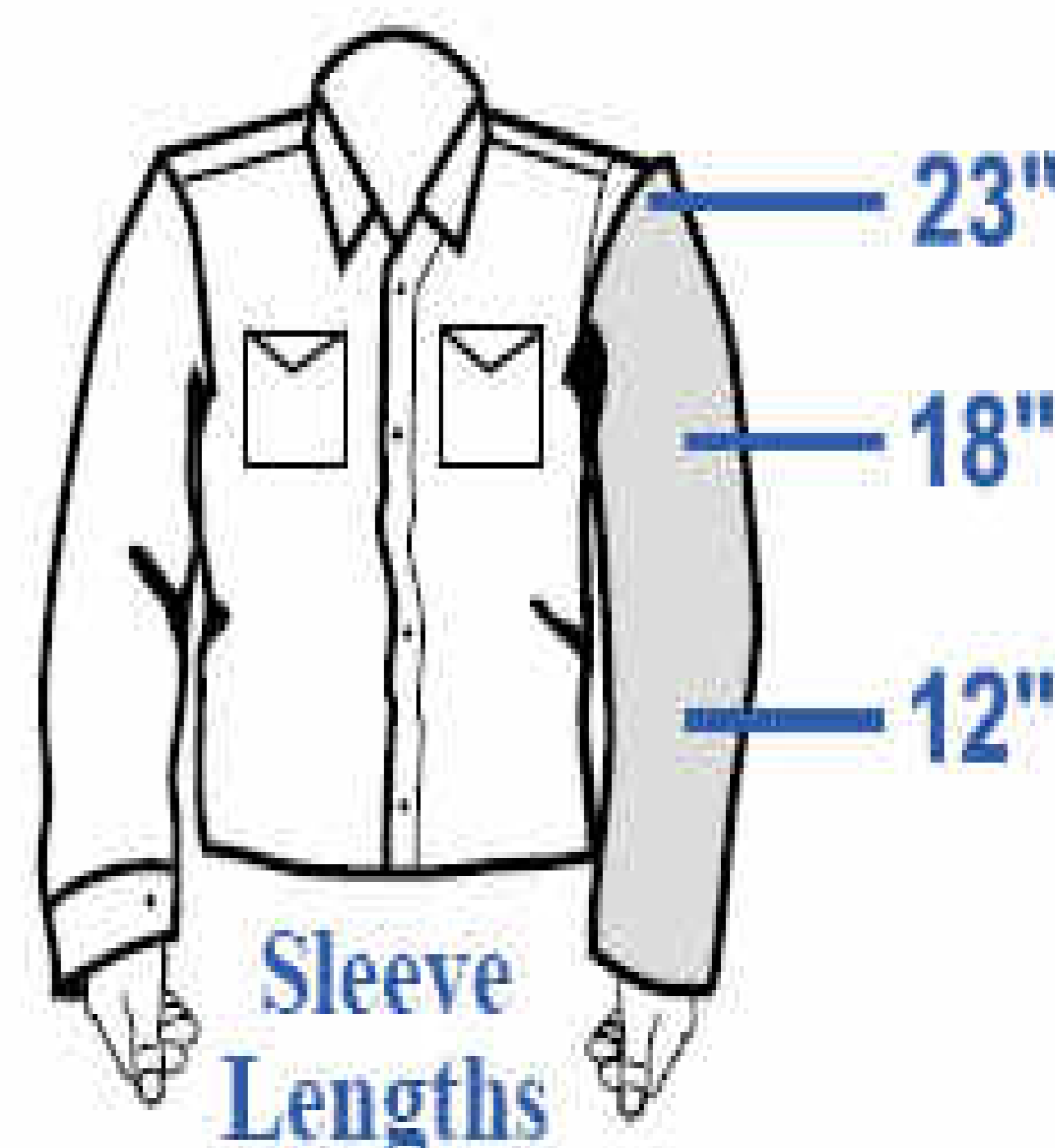
**Jacket/Coat Lengths**



**Bib Lengths**



**Bib Apron Lengths**



**Sleeve Lengths**