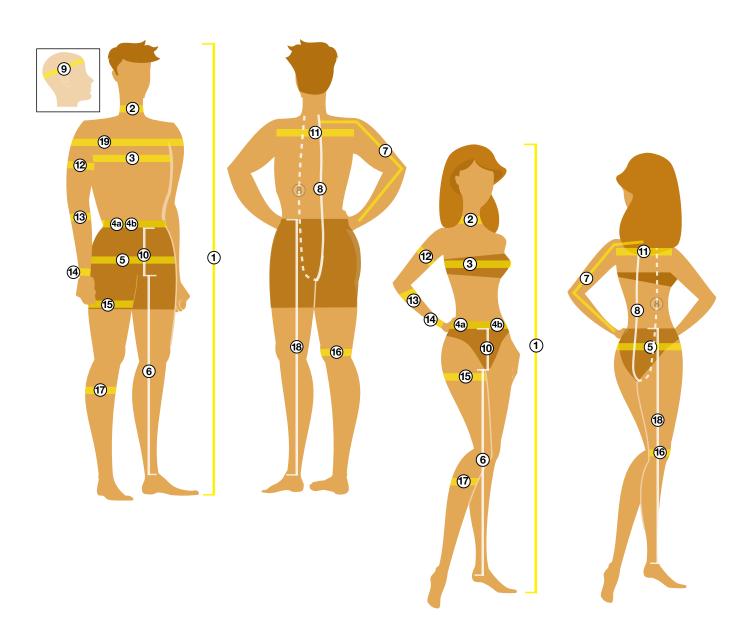


MEASURING GUIDELINES FOR MEN AND WOMEN



1 HEIGHT

Stand straight against a wall without your shoes. Make a mark level with the top of your head. Measure from this point down to the floor.

2 NECK

Measure around the base of the neck where a collared shirt would fit, or measure a collar band on a shirt that fits you well.

(3) CHEST / BUST

Measure the fullest part of your chest/bust. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally.

(4a) WAIST / MID-SECTION

First, remove your belt. Then, measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly but not tightly. For shirts and covering garments such as coveralls - measure mid-section over clothing around the fullest part of the abdomen. Note: Include both "A" and "B" measurements if ordering multiple garments.

(5) HIPS

Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.

(6) INSEAM

Standing straight, measure the distance from the crotch to just below the ankle bone. OR - using similar style pants that fit you well: lay garment flat with front and back creases and smooth. Measure along the inside seam of one leg from the bottom of the hem to the crotch.

(7) SLEEVE

Bend the elbow slightly. Start at the center back of the neck and measure across the shoulder to the elbow and down to the wrist bone.

(8) TRUNK

Measure from base of neck (front) down around crotch and back up to the bottom of the collar (for coveralls only).

(9) CAP / HAT SIZE

Measure the circumference of the head at it's widest diameter, approximately 1/8" above the ears.

(10) FRONT & BACK RISES

FRONT - This is the distance from the center front at the top of the waistband to the intersection of the crotch seams. BACK - This is the distance from the center back at the top of the waistband to the intersection of the crotch seams.

(11) ACROSS SHOULDERS

While standing with arms down, measure across the back from one shoulder joint to the other.

(12) UPPER ARM / BICEP

Measure the maximum circumference of the upper arm just below the under arm.

(13) FOREARM

Measure the maximum circumference of the forearm at approximately 6" above the wrist.

(14) WRIST

Measure the wrist circumference over the wrist bone.

(15) THIGH

Measure around thigh (parallel to floor), below crotch.

(16) KNEE

With the leg straight, measure the knee circumference over the knee cap and parallel to the floor.

(17) CALF

Measure the circumference of the largest part of the lower leg approximately half way between the knee and ankle and parallel to the floor.

(18) OUTSEAM

Measure along the outside of the leg from the top of the waistband to the bottom of the hem of just below the ankle bone. OR - lay garment flat, measure along outseam from top of band to bottom of hem.

(19) OVER ARM

With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If over-arm measurement is 7" larger than chest measurement, go up one size.



LFC-01 — Alpha/Numeric Conversion Chart — Women's Measurements

	Х	S	9	S	ı	N		L	Х	L	XX	(L	3)	XL	4)	(L
Size	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	31½-32	32½-33	33½-34	34½-35	35½-36	36½-37½	38-39	39½-40½	41½-42½	43½-44½	45½-46½	471⁄2-481⁄2	49½-50½	51½-52½	53½-54½	55½-56½
Waist	23½-24	24½-25	25½-26	26½-27	27½-28	28½-29½	30-31	31½-32½	33-34½	35-36½	37-38½	39-40½	41-42½	43-44½	45-46½	47-48½
Hip	33-33½	34-34½	35-35½	36-36½	37-37½	38-39	39½-40½	41-42	42½-44	441⁄2-46	46½-48	48½-50	50½-52	52½-54	54½-56	56½-58

Height **Petite**: 4'11"-5'3" **Regular**: 5'3½"-5'7" **Tall**: 5'7½"-5'11"

LFC-02 — Alpha/Numeric Conversion Chart — Women's Measurements

		Х	S		S	N	1	ı	-	Х	L	X	KL	3)	(L	42	XL
Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	32-33	33-34	34-35	35-36	36-37	37-38	38-39½	39½-41	41-42½	421/2-441/2	441⁄2-461⁄2	461/2-481/2	48½-50½	50½-52½	52½-54½	54½-56½	56½-58½
Waist	25-26	26-27	27-28	28-29	29-30	30-31	31-32½	32½-34	34-35½	35½-37½	37½-39½	39½-41½	41½-43½	43½-45½	45½-47½	47½-49½	49½-51½
Hip	34½-35½	35½-36½	36½-37½	37½-38½	38½-39½	39½-40½	40½-42	42-43½	43½-45	45-47	47-49	49-51	51-53	53-55	55-57	57-59	59-61

Height **Petite:** 4'11"-5'3" **Regular:** $5'3\frac{1}{2}"-5'7"$ **Tall:** $5'7\frac{1}{2}"-5'11"$

LFC-11 — Women's Knit Shirts

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
Waist	24½-27	27½-30	30½-33	31½-36	36½-39	39½-43	43½-47	47½-51	51½-55	55½-59	59½-63	63½-67	67½-71

LFC-13 — Women's Fit Chart

Alpha Size	Х	S	<i>5,</i>	S	-	1	I		Х	L	XX	(L	37	(L	4)	KL
Numeric Size	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	31½-32	32½-33	33½-34	34½-35	35½-36	36½-37½	38-39	39½-40½	41½-42½	43½-44½	45½-46½	47½-48½	49½-50½	51½-52½	53½-54½	55½-56½
Waist	25-25½	26-26½	27-27½	28-28½	29-29½	30-31	31½-32½	33-34	34½-36	36½-38	38½-40	401/2-42	421/2-44	44½-46	46½-48	48½-50
Hip	35-35½	36-36½	37-37½	38-38½	39-39½	40-41	41½-42½	43-44	441⁄2-46	46½-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60

Height Petite: 4'11"-5'3" Regular: 5'3½"-5'7" Tall: 5'7½"-5'11"

MFC-01 — Men's Shirts

Alpha Size	xs	s	M	L	XL	XXL	3XL	4XL	5XL
Max. Chest	30	34	38	40	44	48	50	54	58

MFC-03 — Men's Knit Shirts

	Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
C	hest	29-32	32-35	35-38	38-41	41-45	45-49½	49½-54	54-58½	58½-63	63-67½	67½-72	72-76½	76½-81

Height Regular: up to 5'11" Tall: over 5'11"

MFC-06 — Men's Baggy Chef Pant

	Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
ſ	Waist	19-23	23-27	27-31	31-35	35-39	39-43	43-47	47-51	51-55	55-59	59-63	63-67	67-71

Men's Pants - Size is determined by waist and inseam measurements. To order, specify waist and inseam in inches.

MFC-07 — Men's Alpha Dress Shirt Fit Chart

	Size	S	M	L	XL	XXL	3XL	4XL	5XL
	Neck	13%-14½	14%-15½	15%-16½	16%-17½	171/8-181/2	181/8-191/2	19%-20½	20%-21½
	Chest	32½-36	361⁄2-40	401/2-44	441/2-48	48½-52	52½-56	561/2-60	60½-64
Ma	x. Waist	35¼	39¾	441⁄4	48¾	52¾	56¾	60¾	64¾
	32				Regular Ba	ok Longth			
	33				negulai Da	ick Leligili			
l ₽	34				Regular Back L	onath plua 114"	ı		
Length	35				negulai dack L	engui pius 172			
Sleve	36				Regular Back I	onath plus /			
। ङ	37				negulai dack i	Length plus 4			
	SL		·		Regular Ba	ack Length		·	
	SSL				Regular Back I	Length plus 4"			

Sleeve Length is based on actual body measurement. Body length varies accordingly as shown above.

MFC-09 — Men's Alpha Work Shirt Fit Chart

	Size	S	M	L	XL	XXL	3XL	4XL	5XL
	Neck	13%-14½	14%-15½	15%-16½	16%-17½	17%-18½	18%-19½	19%-20½	20%-21½
	Chest	34½-38	38½-42	42½-46	46½-50	50½-53	53½-56	56½-59	59½-62
Ma	ıx. Waist	36	40	44	48	51½	55	58½	62
a 4	RG	33	33½	34	34½	35	35	35	35
Sleeve Length	LN	35½	35½	36	36	36	36	36	36
S	XLN	37	37	37	37	37	37	37	37
	RG				Regular Ba	ack Length			
ıgth	LN				Regular Back L	ength plus 1½'	1		
Back Length	XLN				Regular Back	Length plus 4"			
Вас	SS	·		·	Regular Ba	ack Length		·	
	SSL	·		·	Regular Back	Length plus 4"		·	

Note:

Stock sizes may vary by color/item.

Sizes are based on actual body measurements in inches.

Styles and sizes are subject to change or withdraw without notice.



MFC-10 — Men's Alpha Dress Shirt Fit Chart

	Size	S	M	L	XL	XXL	3XL	4XL	5XL
	Neck	13%-14½	14%-15½	15%-16½	16%-17½	17%-18½	18%-19½	19%-20½	20%-21½
	Chest	32½-36	361⁄2-40	401/2-44	441⁄2-48	48½-52	52½-56	56½-60	60½-64
Ma	x. Waist	35¼	39¾	441⁄4	48¾	52¾	56¾	60¾	64¾
e) =	RG	33	33½	34	34½	35	35	35	35
Sleeve Length	LN	35½	35½	36	36	36	36	36	36
5, _	XLN	37	37	37	37	37	37	37	37
	RG				Regular Ba	ack Length			
igth	LN				Regular Back L	ength plus 1½"	ı		
Back Length	XLN				Regular Back	Length plus 4"			
Вас	SS	•		•	Regular Ba	ack Length	•		·
	SSL	•			Regular Back	Length plus 4"			·

MFC-12 — Men's Jackets

Alpha Size	Х	S	;	S	N	1	ı		Х	L	X		3)	(L	4)	(L	5)	(L	6)	KL	7)	(L	8)	XL
Chest Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78
Chest Max.	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"	64"	66"	68"	70"	72"	74"	76"	78"

NOTE: If waist size is larger than chest size, use waist measurement as size. HEIGHT: Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"

MFC-17 — Men's Parkas

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max.	34	36	40	44	48	50	52	54	56

NOTE: If waist size is larger than chest size, use waist measurement as size.

MFC-18 — Men's Vest

Alpha Size	M	XL	3XL	5XL	7XL
Chest Max.	40	48	52	56	60

MFC-19 — Men's Jacket

Alpha :	ize	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest N	ax.	37	40	43	46	49	52	56	60	64

 $\ensuremath{\mathsf{NOTE}}\xspace$. If waist size is larger than chest size, use waist measurement as size.

MFC-20 — Men's Knit Shirts

0 20	it omitto
Size	Chest
XXS	27-30
XS	30-33
S	33-36
M	36-39
L	39-43
XL	43-47½
XXL	47½-52
3XL	52-56½
4XL	56½-61
5XL	61-65½
6XL	65½-70
7XL	70-74½
8XL	74½-79

MFC-21 — Chef Hat

Alpha Size	L
Maximum Head Circumference	24¼"
Maximum Hat Size	7¾

MFC-22 — Skull Cap

Alpha Size	M	L
Head Circumference	23"-24"	25"-26"

Metric Conversion Chart: Inches to Centimeters

Neck	Sizes	
in	cm	
13	33	
13½	34	
14	36	
14½	37	
15	38	
15½	39	
16	41	
16½	42	
17	43	
17½	44	
18	46	
18½	47	
19	48	
19½	50	
20	51	
20½	52	
21	53	
21½	55	
22	56	
22½	57	
23	58	
23½	60	

		_		
in	cm		in	cm
28	71		44	112
29	74		46	117
30	76		48	122
31	79		50	127
32	81		52	132
33	84		54	137
34	86		56	142
35	89		58	147
36	91		60	152
37	94		62	157
38	97		64	163
29	99		66	168
40	102		68	173
42	107		70	178

Waist / Chest Sizes

	Inseam Lengths												
in	cm		in	cm									
28	71		33	84									
29	74		34	86									
30	76		35	89									
31	79		36	91									
32	81		37	94									

MFC-24 — Men's Unlined Coveralls & Overalls

Alpha Size	ha Size XS		S		M			L		XL		XXL		(L	4XL		5XL	
Numeric Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
Chest Size	30½-32	32½-34	34½-36	36½-38	38½-40	40½-42	421/2-44	44½-46	461⁄2-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60	60½-62	62½-64	64½-66
Waist Max.	30½	32½	34½	36½	38½	40½	421/2	441/2	461/2	48½	50½	52½	54½	56½	58½	60½	62½	64½

Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"

MFC-25 - Men's Jacket

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max.	36	39	42	45	48	52	55	58	63

NOTE: If waist size is larger than chest size, use waist measurement as size.

MFC-26 — Men's Lined Coveralls & Overalls

Alpha Size	xs Xs		S		M		I	L XI		L XXL		3XL		4XL		5XL		
Numeric Size	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
Chest Size	28½-30	30½-32	32½-34	34½-36	36½-38	38½-40	401⁄2-42	42½-44	44½-46	461/2-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60	60½-62	62½-64
Waist Max.	28½	30½	32½	34½	36½	38½	40½	42½	44½	46½	48½	50½	52½	54½	56½	58½	60½	621/2

 $\mbox{Short: 5'3" - 5'7"} \qquad \mbox{Regular: 5'7" - 5'11"} \qquad \mbox{Long: 5'11" - 6'3"} \qquad \mbox{XLong: 6'3" - 6'7"}$

MFC-27 — Lab Counter Coats

Alpha Size		XS	S	M	L	XL	XXL	3XL	4XL	5XL
	Chest Max.	36	39	42	46	50½	55	59½	64	68½
	Hip Max.	36	39	42	46	50½	55	59½	64	68½

MFC-30 — Vest

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
Chest	281/4-301/4	30¼-33¼	33¼-36¼	36¼-40¼	40¼-44¼	441⁄4-491⁄4	49¼-52¼	521/4-561/4	561/4-601/4	60¼-64¼	64¼-68¼	68¼-72¼
Hip Max.	291/4	321/4	35¼	39¼	431/4	471⁄4	51¼	551/4	59¼	63¼	67¼	71¼

Regular: Height up to 5'7" Long: Height over 5'7"



MFC-46 — Men's Alpha Dress Shirt Fit Chart

	Size	S	M	L	XL	2XL	3XL	4XL	5XL			
	Neck	13%-14½	14½-15½	15%-16½	16%-17½	17%-18½	185%-191/2	19%-20½	20%-21½			
	Chest	34½-38	38½-42	42½-46	46½-50	50½-53	53½-56	56½-59	59½-62			
Ma	x. Waist	36	40	44	48	51½	55	58½	62			
	RG	34¼	34¾	351⁄4	35¾	361/4	36¾	37¼	37¾			
Sleeve Length	LN	35¾	361/4	36¾	37¼	37¾	38¼	38¾	39¼			
S	XLN	37¼	37¾	38¼	38¾	39¼	39¾	401/4	40¾			
	RG	Regular Back Length										
韻	LN				Regular Back L	ength plus 1½'	ı					
Back Length	XLN				Regular Back	Length plus 4"						
Bac	SS				Regular Ba	ack Length						
	SSL				Regular Back	Length plus 4"						

MFC-47 — Men's Numeric Dress Shirt Fit Chart

Siz	ze (Neck)	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½
	Chest	32½-34	34½-36	36½-38	38½-40	401/2-42	42½-44	44½-46	461⁄2-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60	60½-62	62½-64
Ma	ax. Waist	33	35¼	37½	39¾	42	441⁄4	46½	48¾	50¾	52¾	54¾	56¾	58¾	60¾	62¾	64¾
Sleev	eeve Length is based on actual body measurement. Body length varies accordingly as shown below:																
	32	Damilar Davidar Ath															
	33		Regular Back Length														
l	34	Decides Deals Leady when 11/11															
Length	35		Regular Back Length plus 1½"														
Sleeve	36							Dog	ular Daakil	l an ath niv	. 4"						
~	37							Regi	ular Back I	Length plu	15 4						
	SS		Regular Back Length														
	SSL							Regi	ular Back I	Length plu	s 4"						

MFC-50 — Men's Shirt Fit Chart

Regul	ar & Tall	S	M	L	XL	2XL	3XL	4XL	5XL					
	Neck	13%-14½	14%-15½	15%-16½	16%-17½	17%-18½	18%-19½	19%-20½	20%-21½					
	Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64					
Sleeve Length	RG	34½	35	35½	36	36½								
Sleg	TL			37	37½	38	38½	39	39½					
gth	₹ RG Regular Back Length													
Back Length	TL	Regular Back Length plus 2½"												
Bac	SS				Regular Ba	ack Length								
	Big	1X	2XL	3XL	4XL	5XL	6X							
	Neck	16%-17½	17%-18½	18%-19½	19%-20½	20%-21½	18%-19½							
	Chest	461/4-493/4	50¼-53¾	54¼-57¾	58¼- 61¾	62¼-65¾	66¼-69¾							
Sleeve Length	RG	35¾	36	36¼	36½	36¾	37							
~ =														

Regular Back Length

MFC-52 — Men's Jacket

Alpha Size	S	M	L	XL	XXL	3XL	4XL	5XL
Max. Waist	39	42	45	48	51	54	57	60

NOTE: If waist size is larger than chest size, use waist measurement as size.