

# WOMENS SIZE GUIDE

For your body measurements, please keep the tape measure taut - but not stretched - and follow the guidelines. Get a friend to help if necessary and ensure all measurements are taken from the same side of your body, taking the garment style into consideration as different styles have different fits.

For more information on style fits and how to measure, visit [www.biz-care.com](http://www.biz-care.com).



**A. BUST** - Measure under your arms and across shoulder blades, around the fullest part of your bust. Hold one finger between body and tape.

**B. WAIST** - Measure around your natural waistline while holding one finger between body and tape. This is the smallest part of your waist.

**C. HIP** - Measure around fullest part of your hips while standing naturally.

## Women's Shirts and Tops

Bust (cm)	Fit Type	76.5	79	84	89	94	99	104	111	116	121	126	131	136	141
Shirts and Tunics	Easy Fit	4	6	8	10	12	14	16	18	20	22	24	26	28	30
T-Tops	Easy Fit	XXS	XS	S		M	L		XL	2XL		3XL	4XL		
Polos	Semi-Fitted			8	10	12	14	16	18	20	22	24			
Health and Beauty Tunics	Fitted			6	8	10	12	14	16	18	20				

## Women's Knitwear and Outerwear

Bust (cm)	76.5	79	84	89	94	99	104	111	116	121	126	131	136
Knitwear	XXS	XS	S		M	L		XL	2XL		3XL	4XL	
Micro Fleece			8	10	12	14	16	18	20	22	24		
Jackets and Vests			S		M	L		XL	2XL				

## Women's Scrub Tops

Bust (cm)	76.5	79	84	89	94	99	104	111	116	121	126	131	136	
Biz Care Scrub Top	XXS	XS	S		M	L		XL	2XL		3XL	4XL	5XL	
Biz Collection Scrub Top			XS	XS - S	S	M	L	XL		2XL		3XL		

## Women's Pants, Skirts, Shorts, Scrub Pants

Waist (cm)	59.5	62	67	72	77	82	87	94	99	104	109	114	119	124
Hip (cm)	86.5	89	94	99	104	109	114	121	126	131	136	141	146	151
Biz Care Comfort Waist Lowers	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Biz Care Scrub Pant	XXS	XS	XS - S	S	M	M - L	L	XL	XL - 2XL	2XL - 3XL	3XL - 4XL	4XL	5XL	
Biz Collection Scrub Pant	XXS	XS - S	S	S - M	M	L	L - XL	XL	XL - 2XL	2XL	2XL - 3XL	3XL		

All measurements provided are approximate body measurements and for reference only. Actual sizing may vary according to the style and fit of the garment. Not all styles are available in all sizes, please refer to Range Guide (p50) for available sizing.