



M&H UNIFORMS MEN'S FIT GUIDE

View our video on "[How to Measure Your Own Uniform](#)" on YouTube.

Chest Measurements: Measure the chest with tape measure underneath arms, across the shoulder blades, and over the fullest part of the chest. Measuring tape should be snug but not tight.

Size: _____

Waist Measurements: Measure the natural waist. Place your index finger between the tape and your waist for a comfortable fit.

Size: _____

Neck Measurements: Measure around the mid-point of your neck, right below the Adam's Apple. Place your index finger between the tape and your neck for a comfortable fit.

Size: _____

Sleeve Length Measurements: Start at the center back neck, measure across the shoulder point, then continue down over slightly bent elbow to wrist.

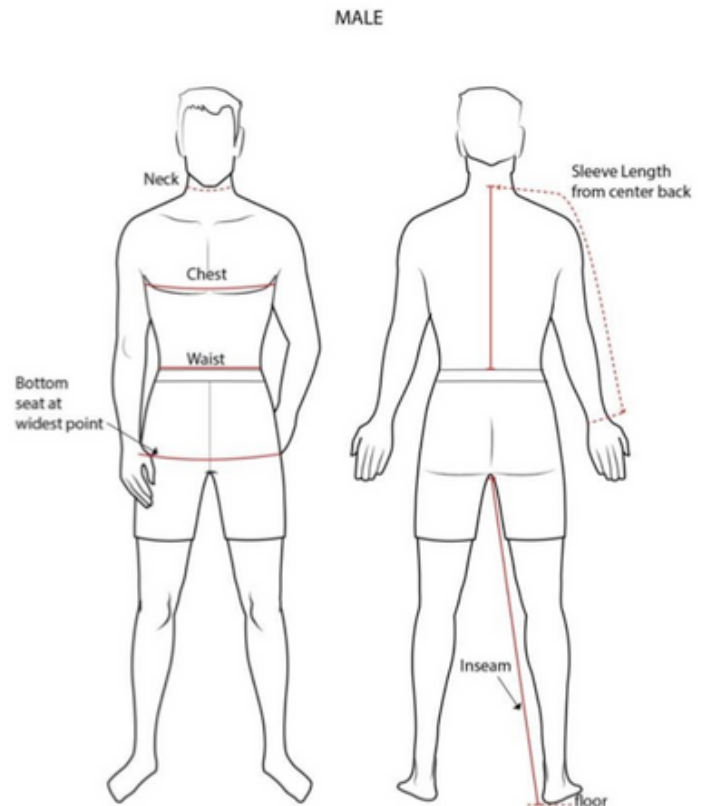
Size: _____

Inseam Measurements: Measure from crotch seam to hem at the inside leg seam on a pair of similar style trousers (not jeans). Alternatively, measure on body from crotch to floor with a tape measure.

Size: _____

Outseam Measurements: Lay the trousers down on a flat surface and measure the distance from the top of its waistband to the bottom of the pant.

Size: _____



For additional assistance with determining your proper measurements, please contact our customer service team. We're here to help!