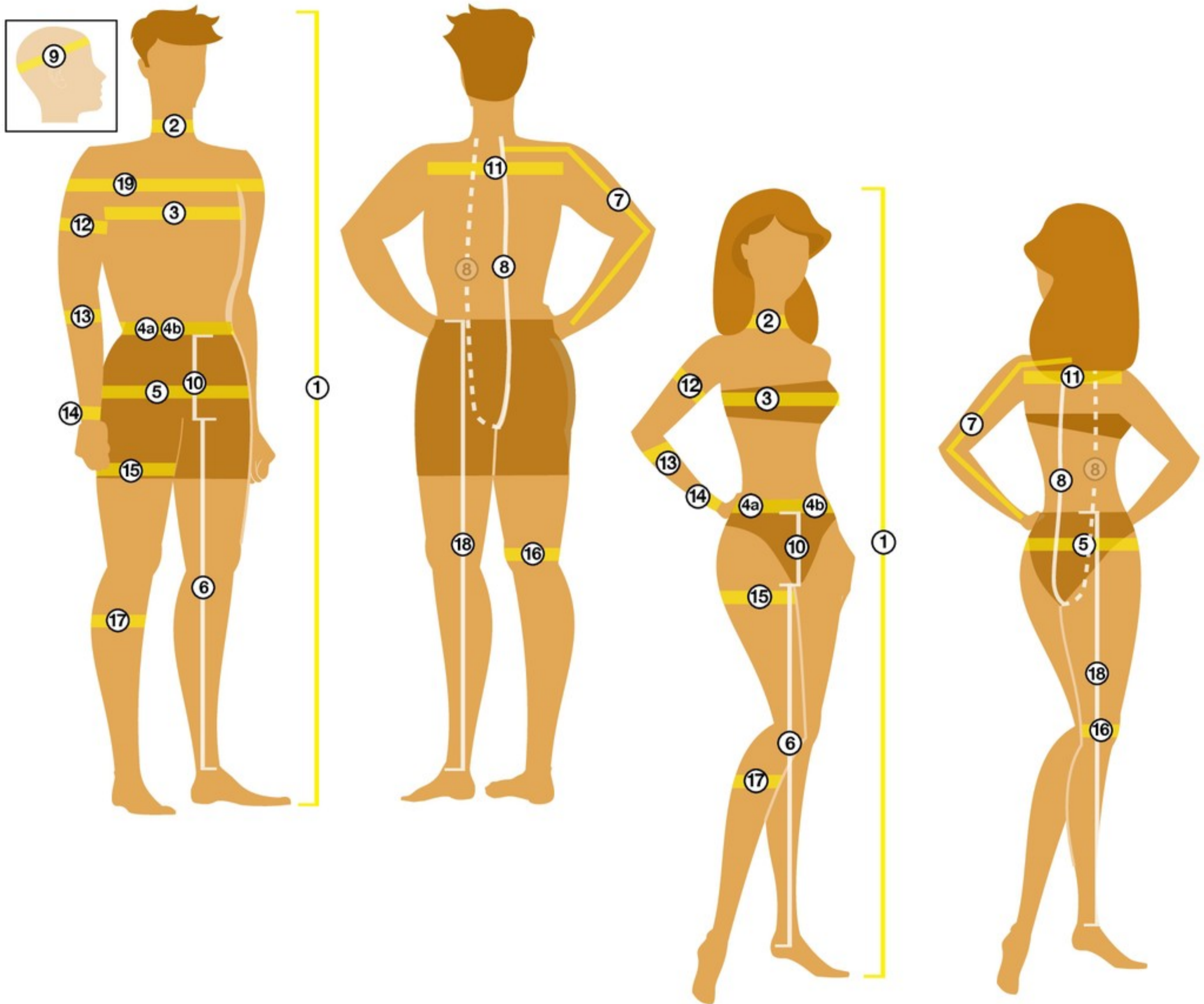


MEASURING GUIDELINES FOR MEN AND WOMEN



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

4b 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 its 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.



MEASURING CHARTS FOR WOMEN

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

	XS		S		M		L		XL		XXL		3XL		4XL	
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	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	44½-46	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

	XS		S		M		L		XL		XXL		3XL		4XL		
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	42½-44½	44½-46½	46½-48½	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:** 5'3½"-5'7" **Tall:** 5'7½"-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	XS		S		M		L		XL		XXL		3XL		4XL	
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	40½-42	42½-44	44½-46	46½-48	48½-50
Hip	35-35½	36-36½	37-37½	38-38½	39-39½	40-41	41½-42½	43-44	44½-46	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"

MEASURING CHARTS FOR MEN

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
Chest	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
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	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64
Max. Waist	35¼	39¼	44¼	48¼	52¼	56¼	60¼	64¼
Sleeve Length	32	Regular Back Length						
	33	Regular Back Length						
	34	Regular Back Length plus 1½"						
	35	Regular Back Length plus 1½"						
	36	Regular Back Length plus 4"						
	37	Regular Back Length plus 4"						
	SL	Regular Back Length						
	SSL	Regular Back 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	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	34½-38	38½-42	42½-46	46½-50	50½-53	53½-56	56½-59	59½-62
Max. Waist	36	40	44	48	51½	55	58½	62
Sleeve Length	RG	33	33½	34	34½	35	35	35
	LN	35½	35½	36	36	36	36	36
	XLN	37	37	37	37	37	37	37
Back Length	RG	Regular Back Length						
	LN	Regular Back Length plus 1½"						
	XLN	Regular Back Length plus 4"						
	SS	Regular Back 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.



MEASURING CHARTS FOR MEN

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

Size	S	M	L	XL	XXL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64
Max. Waist	35¼	39¾	44¼	48¾	52¾	56¾	60¾	64¾
Sleeve Length	RG	33	33½	34	34½	35	35	35
	LN	35½	35½	36	36	36	36	36
	XLN	37	37	37	37	37	37	37
Back Length	RG	Regular Back Length						
	LN	Regular Back Length plus 1½"						
	XLN	Regular Back Length plus 4"						
	SS	Regular Back Length						
	SSL	Regular Back Length plus 4"						

MFC-12 – Men's Jackets

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL												
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 Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max.	37	40	43	46	49	52	56	60	64

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

MFC-20 – Men's Knit Shirts

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		Waist / Chest Sizes			
in	cm	in	cm	in	cm
13	33	28	71	44	112
13½	34	29	74	46	117
14	36	30	76	48	122
14½	37	31	79	50	127
15	38	32	81	52	132
15½	39	33	84	54	137
16	41	34	86	56	142
16½	42	35	89	58	147
17	43	36	91	60	152
17½	44	37	94	62	157
18	46	38	97	64	163
18½	47	39	99	66	168
19	48	40	102	68	173
19½	50	42	107	70	178
20	51				
20½	52				
21	53				
21½	55				
22	56				
22½	57				
23	58				
23½	60				

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

MEASURING CHARTS FOR MEN

MFC-24 – Men's Unlined Coveralls & Overalls

Alpha Size	XS		S		M		L		XL		XXL		3XL		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	42½-44	44½-46	46½-48	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	42½	44½	46½	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		S		M		L		XL		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	40½-42	42½-44	44½-46	46½-48	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	62½

Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" 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	28¼-30¼	30¼-33¼	33¼-36¼	36¼-40¼	40¼-44¼	44¼-49¼	49¼-52¼	52¼-56¼	56¼-60¼	60¼-64¼	64¼-68¼	68¼-72¼
Hip Max.	29¼	32¼	35¼	39¼	43¼	47¼	51¼	55¼	59¼	63¼	67¼	71¼

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

MEASURING CHARTS FOR MEN

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

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	34½-38	38½-42	42½-46	46½-50	50½-53	53½-56	56½-59	59½-62
Max. Waist	36	40	44	48	51½	55	58½	62
Sleeve Length	RG	34¾	34¾	35¾	35¾	36¾	36¾	37¾
	LN	35¾	36¾	36¾	37¾	37¾	38¾	39¾
	XLN	37¾	37¾	38¾	38¾	39¾	39¾	40¾
Back Length	RG	Regular Back Length						
	LN	Regular Back Length plus 1½"						
	XLN	Regular Back Length plus 4"						
	SS	Regular Back Length						
	SSL	Regular Back Length plus 4"						

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

Size (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	40½-42	42½-44	44½-46	46½-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60	60½-62	62½-64
Max. Waist	33	35¾	37½	39¾	42	44¾	46½	48¾	50¾	52¾	54¾	56¾	58¾	60¾	62¾	64¾

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

Sleeve Length	32	33	34	35	36	37	SS	SSL
32	Regular Back Length							
	Regular Back Length plus 1½"							
34	Regular Back Length plus 4"							
	Regular Back Length							
36	Regular Back Length plus 4"							
	Regular Back Length plus 4"							

MFC-50– Men's Shirt Fit Chart

Regular & Tall	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
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		
	TL			37	37½	38	38½	39
Back Length	RG	Regular Back Length						
	TL	Regular Back Length plus 2½"						
	SS	Regular Back Length						
Big	1X	2XL	3XL	4XL	5XL	6X		
Neck	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½	18½-19½		
Chest	46¼-49¾	50¼-53¾	54¼-57¾	58¼-61¾	62¼-65¾	66¼-69¾		
Sleeve Length	RG	35¾	36	36¾	36½	36¾	37	
Back Length	RG	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.