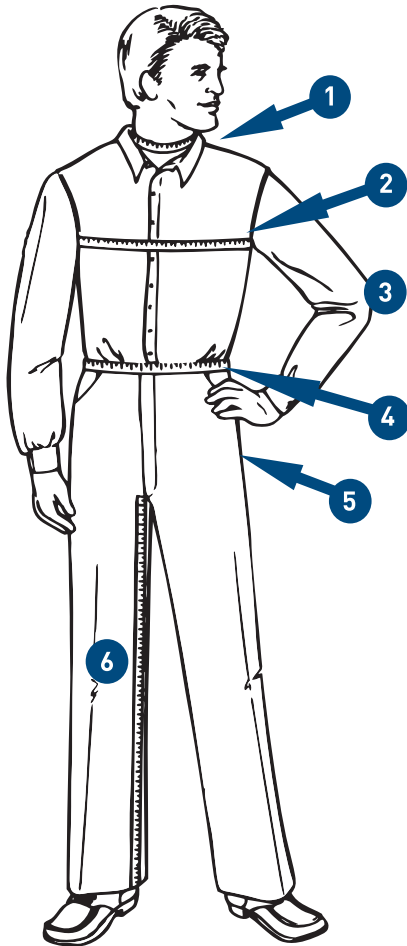
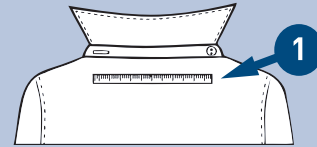


Measuring Techniques

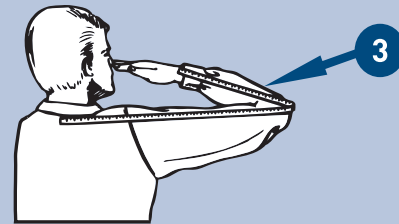


1 | NECK: Measure around the base of the neck where a collared shirt would fit, or measure a collarband on a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the button hole to the center of the button.



2 | CHEST: Measure well up under the arms, across the shoulder blades and over the fullest part of the chest. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand in a natural position.

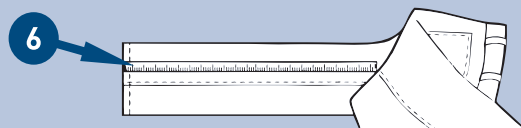
3 | SLEEVE: Bend the elbow slightly. Start at the center back of the neck and measure across the shoulder to the elbow and down to the wrist bone.



4 | WAIST: First, remove your belt. Then, measure over shirt (not over pants) at the position pants are normally worn. Hold the tape firmly, but not tightly.

5 | HIPS: Stand with your heels together. Measure around the fullest part of the hips, holding tape measure level.

6 | INSEAM: Use similar style pants that fit well. Lay them flat, with the front and back creases smooth. Measure along the inside seam of one leg from the bottom of hem to the crotch.



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