

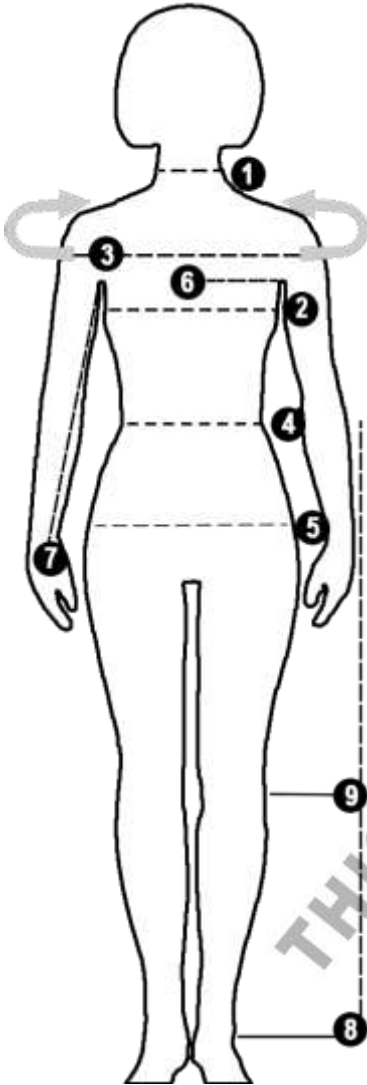


FEMALE

How to Measure for Uniform

INSTRUCTIONS:

- **PRINT** this guide to record measurements.
- **Round to the nearest one-half inch.**
- Data from this guide must be entered on the approved Order Form.



Neck _____

Diag #1 Around the neck with no space between neck and tape

Bust _____

Diag #2 Around chest, well up under arms and over shoulder blades

Over Shoulder _____

Diag #3 Around chest, over the arms and shoulder blades

Waist _____

Diag #4 Around waist only

Hips _____

Diag #5 Around the largest part (snug)

Back _____

Diag #6 From center of back to sleeve inseam

Sleeve Inseam _____

Diag #7 From underneath the arm to approximately one-inch above the second joint of the thumb

Outseam _____

Diag # 8 From top edge of waistband to junction of ankle

Waist to Knee _____

Diag #9 From top edge of waistband to back of knee

Garrison & Frame

Measure Around head ensuring that the tape is level all the way around. Ensure tape is approximately 1" above eye brows.

Garrison Size: Use measurement rounded to the nearest one-half inch.

Frame Size: Use chart to calculate size

Measurement (Inches)	Frame Size
20 3/8"	6 1/2
20 3/4"	6 5/8
21 1/8"	6 3/4
21 1/2"	6 7/8
22"	7
22 3/8"	7 1/8
22 3/4"	7 1/4
23 1/8"	7 3/8
23 1/2"	7 1/2
23 7/8"	7 5/8

NOTE: Order the next largest size if your measurement falls in between sizes.