

Made-to-Measure Sizing Form

Facility: _____ Date: _____
 Employee: _____ ID# _____ Male: _____
 Weight: _____ Height: _____ Female: _____
 Measured By: _____

Shirts/Coats/Jackets**For Males**

CHEST: Measure well up under arms, across shoulder blades and over fullest part of chest. Hold tape measure firmly but not tightly and level (straight) across the back.

_____ inches

NECK: Measure where a buttoned shirt would fit around neck. Hold tape measure neither tight enough to choke nor loose enough to sag.

_____ inches

UPPER ARM: Measure dominant arm, muscle flexed, at fullest point.

_____ inches

FOREARM: Measure dominant arm 2" below elbow.

_____ inches

SHIRT: Measure from highest point of shoulder next to collar, close to neck, down to bottom of trouser fly.

_____ inches

JACKET: Measure from highest point of shoulder next to collar, close to neck, down to bottom of duty belt.

_____ inches

SLEEVE: Measure from middle of back of neck across the shoulder and around the point of the bent elbow to the wristbone.

_____ inches

For Females

BUST: Measure around fullest part of bust, holding tape gently. Keep tape straight and level.

_____ inches

NECK: Measure where a buttoned shirt would fit around neck. Hold tape measure neither tight enough to choke nor loose enough to sag.

_____ inches

UPPER ARM: Measure dominant arm, muscle flexed, at fullest point.

_____ inches

FOREARM: Measure dominant arm 2" below elbow.

_____ inches

SHIRT: Measure from highest point of shoulder next to collar, close to neck, down to bottom of trouser fly.

_____ inches

JACKET: Measure from highest point of shoulder next to collar, close to neck, down to bottom of duty belt.

_____ inches

SLEEVE: Measure from middle of back of neck across the shoulder and around the point of the bent elbow to the wristbone.

_____ inches

Trousers

WAIST: Measure over shirt, not over trouser, at the position you normally wear your trousers. Hold tape firmly but not tightly.

_____ inches

HIP (SEAT): Measure around fullest part of seat.

Snug not tight. _____ inches

Distance from waist at side of fullest part of

hip / seat. _____ inches

INSEAM: Measure well fitting trousers of same

style along inner seam from crotch seam to

bottom of leg. The finished hem length should

be 1/2 " to 1" above the top of the shoe heel.

_____ inches

OUTSEAM: With a similar style shoe as the

uniform shoe, measure from the bottom of the

waistband to exactly where the trousers should

touch the shoe. _____ inches

THIGH: Measure around thigh (parallel to

ground) 1" below crotch. Hold tape snug, but

not tight. _____ inches

WAIST: Measure around the smallest part of the waistline, holding tape firmly, but not tightly.

Keep tape level and stand naturally.

_____ inches

HIPS: Measure around the fullest part of the

seat. Snug, not tight.

_____ inches

Distance from waist at side to fullest part of hips

_____ inches

INSEAM: Measure well fitting trousers of same

style along inner seam from crotch seam to

bottom of leg. The finished hem length should

be 1/2 " to 1" above the top of the shoe heel.

_____ inches

OUTSEAM: With a similar style shoe as the

uniform shoe, measure from the bottom of the

waistband to exactly where the trousers should

touch the shoe. _____ inches

THIGH: Measure around thigh (parallel to

ground) 1" below crotch. Hold tape snug, but

not tight. _____ inches