FEMALE - How to Determine the Best Fit

To have a uniform fit properly, you must begin by selecting the correct size. To determine the best fit for you, Cintas recommends taking accurate body measurements, as each clothing manufacturer has their own unique fit. Since size specifications vary by label and styling, measuring is critical to avoid disappointment with your uniform order.

Bust	Waist	Uinc	Sleeve Length	Outseam
	•	Hips	•	
With arms relaxed, measure	Measure around the natural	Stand straight with feet	With arm slightly bent,	Stand straight with feet 1 1/2"
around the fullest part of the	waist, at the narrowest point,	together, measure around the		apart facing forward, no shoes.
bust, keeping the tape	keeping the tape measure	fullest part of the hips (about	point of the shoulder (at the	Hold tape measure at top of
measure parallel to the floor.	snug, but not tight.	8" below natural waistline),	shoulder bone), down along	waistline. Run the tape down
		and keep tape measure	the center of the elbow, to the	the leg to the floor, do not pull
		parallel to the floor.	wrist bone.	taught, following the contour of
				the hip. Measure to the bottom
				of the floor.
		1-2 3 4 -5 -6 -7 8 9 10 11 5 6		

MALE - How to Determine the Best Fit

To have a uniform fit properly, you must begin by selecting the correct size. To determine the best fit for you, Cintas recommends taking accurate body measurements, as each clothing manufacturer has their own unique fit. Since size specifications vary by label and styling, measuring is critical to avoid disappointment with your uniform order.

Neck

Take the tape measure and measure around the base of the neck where the collar would sit / in the hollow of the throat. For the snug and parallel to the floor. correct fit, one finger should be inserted between the neck and the tape measure.

Chest

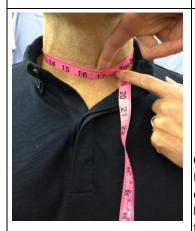
Measure across the chest at the fullest part, underneath the arm pits, keeping the tape measure If the person has a larger stomach, the size may need to be increased to fit properly at the waist.

Waist

Measure around the natural waist, at the narrowest point, keeping the tape measure snug, but not tight.

Sleeve Length

With arm slightly bent, start from the center back neck point across to the outermost point of the shoulder (at the shoulder bone), continue down along the center of the elbow, to the top of the thumb joint.





Overarm (Athletic Body Frame)

Measure around the broadest part of the shoulder, over your arms, keeping the tape parallel to the floor. Read the number you get and subtract 7". If this number is larger than your chest measurement (above), start with this measurement to accommodate your larger upper arms and shoulder width.





Stand straight with feet together, measure around the fullest part of the buttocks keeping tape measure parallel to the floor. Read the number you get and subtract 8". Example: 45" seat minus 8" = 37". Choose the pant size largest of the two measurements between waist and seat. Alterations may need to be done to the smaller area.







