

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



MALE - How to Determine the Best Fit

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Neck	Chest	Waist	Sleeve Length
<p>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 correct fit, one finger should be inserted between the neck and the tape measure.</p>	<p>Measure across the chest at the fullest part, underneath the arm pits, keeping the tape measure snug and parallel to the floor. If the person has a larger stomach, the size may need to be increased to fit properly at the waist.</p>	<p>Measure around the natural waist, at the narrowest point, keeping the tape measure snug, but not tight.</p>	<p>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.</p>
	<p>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 <i>this</i> measurement to accommodate your larger upper arms and shoulder width.</p>  	<p>Seat 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.</p>  	
			