

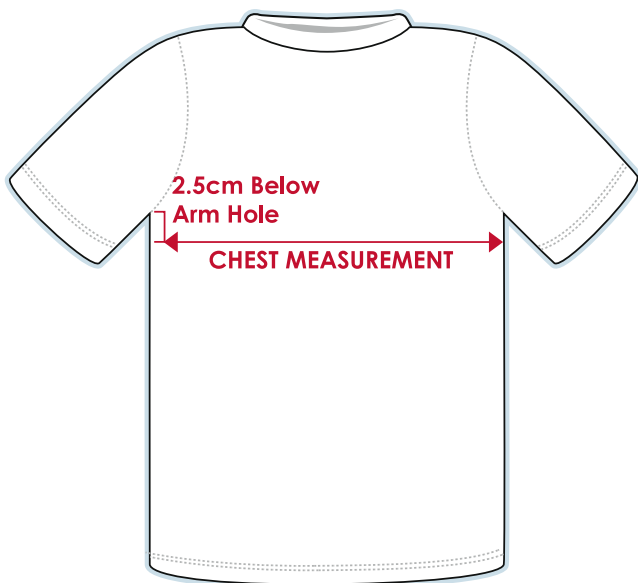
Staff Measurement Record sheet

Staff Members Name: _____

Company Name: _____

What size clothes do you normally wear? _____

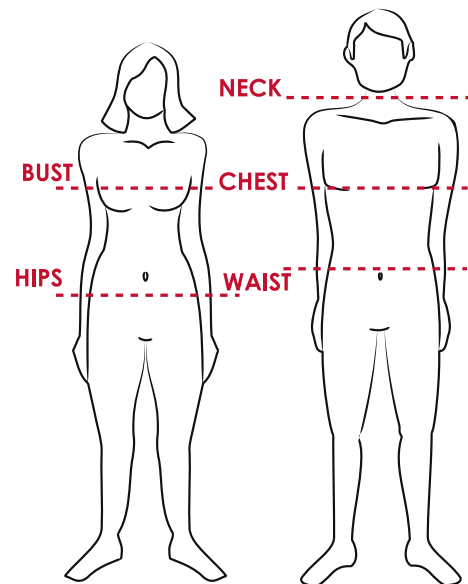
HALF CHEST MEASUREMENT



Half Chest: _____

1. Find an equivalent style garment that you currently wear and feel comfortable in.
ie. if you are trying to find your size for a business shirt, do not use a t-shirt or jacket - use a business shirt.
2. Make sure that it is not too tight or too loose - just make sure that you are happy with the fit.
3. Lay the garment out flat on the floor or on a table and measure from side to side - approx 2.5cm down from under the armpit. [This measurement is referred to as a half chest measurement.
4. Look at the corresponding size guides in the relevant catalogue to find the measurement that is closest to your own. This will then tell you what size you are, based on the cut of that particular garment.
If you are between sizes, it is usually best to go for the larger option.

BODY MEASUREMENT - BASIC



MEASUREMENT BODY POSITIONS

Neck: _____

Chest/Bust: _____

Waist: _____

Hips: _____

1. You will need a flexible tape measure. These can be found in most supermarkets for just a couple of dollars.
2. Measuring is best done by someone else to ensure accuracy.
3. Refer to the chart above for the various measurement positions.
4. Keep the tape measure firm - not too loose but not too tight. Do not add extra cm's ' just to be safe' the measurement should be the measurement.