Measurement method

※Record the measurement in the spot designated for each type of clothing   ★ = Clean suits   ● = Hoods   ■ = Jackets   ▲ = Pants

Head size
★●■   cm
Circumference of the head

Neck size
★●■   cm
Circumference along the base of the neck

Chest
★■   cm
Circumference at the fullest part of the chest

Waist
★■▲   cm
Circumference at the narro west part of the abdomen

Hips
★■▲   cm
Circumference at the fullest part of the pelvis

Leg inseam
★▲   cm
From the base of the inner thigh to the ankle

Thighs
★▲   cm
Circumference at the widest part of the thigh

Calves
★▲   cm
Circumference at the thickest part of the calf

Ankles
★▲   cm
Circumference of the ankle

Shoulder width
★■   cm
From the tip of one shoulder to the other, via the base of the back of the neck

Sleeve length
★■   cm
Arms slightly bent, in a straight line from the tip of the shoulder to the wrist, via the elbow

Sleeve measure
★■   cm
Measurement equal to half of shoulder width plus length of sleeve
Arms slightly bent, measure from the base of the back of the neck to the tip of the shoulder and down via the elbow to the wrist

Arms
★■   cm
Circumference at the thickest part of the arm

Cuffs
★■   cm
Circumference of the wrist

Back length
★■   cm
From the base of the back of the neck to the waist

Pant length
★▲   cm
From the waist to the ankle

Coverall length
★   cm
From the base of the back of the neck to the ankle

Height
★■▲   cm
Vertical distance from the floor to the top of the head