

Finding Your Correct Size

Unfortunately there is no such thing as a “standard size” in Australia.

Sizes are determined by each clothing brand and are often a reflection of their target market and a little bit of “shopping psychology”.

The country of manufacture of the garments has no bearing on the size of the garment as the factories are working to patterns provided to them by the designer. So if a range of garments is “sized small” it is a reflection of the original designers intention and not because those garments are made in Asia or India.

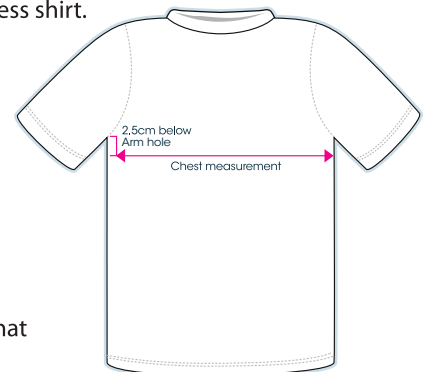
All of the uniform ranges that we supply provide detailed measurements and information on the garments to enable you find your correct size. The sizing grids can be found in each catalogue or on our website www.houseofuniforms.com.au.

There are two main methods used to determine sizing, the half chest measurement of the garment and the actual body measurements of the person. Each catalogue will indicate which method is being used.



The Half Chest Measurement

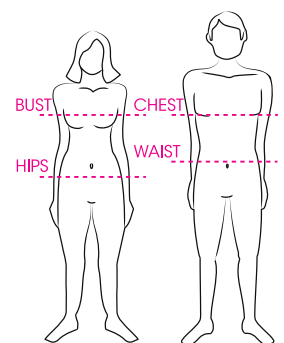
1. Find an equivalent style garment that you currently wear and feel comfortable in. ie if you are trying to find your size for a business shirt don't use a tee shirt or jacket use a business shirt.
2. Make sure it is not too tight or too loose and that you are happy with the fit.
3. Lay the garment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



HOW TO MEASURE

Actual Body Measurements

- 1). You'll need a flexible tape measure. These can be found at most supermarkets for a couple of dollars.
- 2). Measuring is best done by someone else to ensure accuracy.
- 3). Refer to the chart (left) for the various positions.
- 4). Keep the tape measure firm, not too loose and not too tight. Don't add extra cm's "just to be safe" the measurement is the measurement.
- 5). Compare your measurements to the charts listed in the catalogue to determine your size. If you are between sizes it's usually best to go for the larger option.



MEASUREMENT BODY POSITIONS