

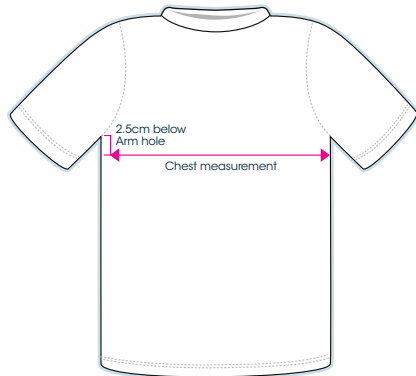
Staff Measurement Record Sheet

Staff Members Name: _____

Company Name: _____

What size clothes do you usually wear? _____

Half Chest Measurement



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 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.

Body Measurement

(Basic)

Neck: _____

Chest / Bust _____

Waist _____

Hips _____

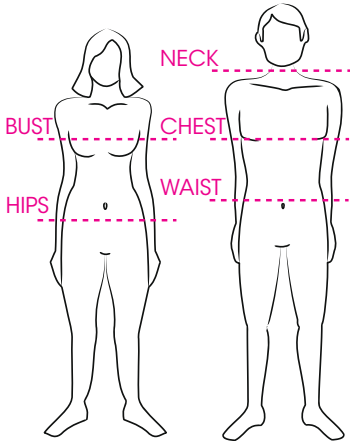
(Advanced)

Centre Back Length (CB) _____

Sleeve From Centre Back _____

Sleeve From Top of Shoulder _____

- 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.



MEASUREMENT BODY POSITIONS

