

HOW TO MEASURE

Our garments are cut to accommodate active working conditions. Here's how to get the correct size and ensure a comfortable fit.



LADIES



MEN

Be sure to measure your body. Do not measure over shirts or slacks. Hold tape measure close but not tight against the body.

Bust:

Measure across fullest part of bust/chest keeping arms relaxed at sides. Keep tape measure straight and parallel to the floor.

Waist:

Measure at your natural waistline at its smallest part.

Low Hip:

Measure the widest point of your hip, approximately 8" below your natural waist.

High Hip:

Measure the protruding points of your hip bones, approximately 3" below your natural waist.

For men, as a general rule, the number of inches measured will equal your size, when measured correctly. Be sure to measure your body. Do not measure over shirts or slacks.

Neck:

Measure around base of neck (lowest part).

Number of inches equals neck size.

Sleeve Length:

Start from the center of the back of neck and measure across the shoulder to the elbow and down the wrist.

Chest:

With arms at sides, measure across fullest part of the chest, under arms and across shoulder blades. Keep tape measure straight across back.

Waist:

Measure your natural waist at the height you normally wear your pants. Keep the tape measure firm but not tight.

Inseam:

Measure inside of leg from crotch down to top of shoe. Or, measure a similar style of pants that fit well. Measure from the crotch seam to the hem.

Low Hip:

Measure the widest point of your hip, approximately 8" below your natural waist.

SIZE SCALE GUIDE

Scale guides refer to body measurements.

When using size scales, please refer to catalog product pages for the sizes offered in the style you are purchasing.

Men's Size Scale H

Blazers

Alpha Size	S	M	L	XL	2XL	3XL	4XL
Numeric Size	36	38	40	42	44	46	48
Blazers Short 5'3"-5'7"	36	38	40	42	44	46	
Blazers Regular 5'7"-6'0"	36	38	40	42	44	46	48
Blazers Long 6'0" and Taller		38	40	42	44	46	48

Shirts and Vests

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck	14½ 14¾	15¼ 15¾	16¼ 16¾	17¼ 17¾	18¼ 18¾	19¼ 19¾	20¼ 20¾	21¼ 21¾	22¼ 22¾
Chest	36	38	40	42	44	46	48	50	52
Natural Waist	29½	32½	34½	36¾	39	41¼	43½	46	48½
Short Sleeve Regular (R)	R	R	R	R	R	R			
Short Sleeve Tall (T)			T	T	T	T	T	T	T
Long-Sleeve Lengths (R) I	32	33	35	35	35	35			
Long-Sleeve Lengths (R) II	31, 32, 33	31, 33, 35	33, 35	33, 35	35	35			
Long-Sleeve Lengths (T) I			37T	37T	37T	37T	37T	37T	37T
Long-Sleeve Lengths (T) II			37T	37T	37T	37T	35T, 37T	35T, 37T	35T, 37T

T=Talls; Talls have 2" longer body.

Pants, Shorts and Alpha Belt

Alpha Size	S	M	L	XL	2XL	3XL	4XL
Numeric Size	28	30	32	34	36	38	40
Natural Waist	27½	29½	32½	34½	36¾	39	41¼
Low Hip	32½	34½	37½	39½	41¼	43	44½

Men's pants will finish 26, 27, 28, 29, 30, 31, 32, 33, 34 hemmed. Talls will finish 35, 36 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 26, 27, 29, 31, 33, and 35 are non-returnable.

Outerwear Jackets

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck	14 14½	15 15½	16 16½	17 17½	18 18½	19 19½	20 20½	21 21½	22 22½
Sleeve Length Regular	33	35	35	35	35	35			
Sleeve Length Tall			37T	37T	37T	37T	37T	37T	37T
Chest	34	36	38	40	42	44	46	48	50
Natural Waist	27½	29½	32½	34½	36¾	39	41¼	43½	46
Low Hip	32½	34½	37½	39½	41¼	43	44½	46	47½

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Ladies' Size Scale O

Tops and Blazers

Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL								
Bust	32¼	33¼	34¼	35¼	36¼	37¼	38¼	40¼	41¼	43¼	45¼	47¼	49¼	51¼	53¼	55¼	57¼
Natural Waist	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¼	43¼	45¼	48	50¼	52½	54¾
High Hip	31	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53	55¼	57	59½
Low Hip	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56	58	60

Pants, Skirts and Alpha Belt

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL							
Numeric Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Natural Waist	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¼	43¼	45¼	48	50¼
High Hip	31	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53	55¼
Low Hip	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56

Ladies' pants will finish 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 25, 26, 27, 29, 31, 33, and 35 are non-returnable.

Outerwear Jackets

Alpha Size	XS	S	M	L	XL	2XL	3XL	4XL								
Numeric Size	0-2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	33¼	34¼	35¼	36¼	37¼	38¼	40¼	41¼	43¼	45¼	47¼	49¼	51¼	53¼	55¼	57¼
Natural Waist	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¼	43¼	45¼	48	50¼	52½	54¾
High Hip	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53	55¼	57	59½
Low Hip	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56	58	60

Unisex Size Scale V

Sweaters, Polos and Outerwear Jackets

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL									
Ladies' Size	0	2-4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
Neck	13	14	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½	22	22½
Sleeve Length Regular	31	31	33	35	35	35	35	35	35	35	35	35	35	35	35	35	35	35	35	35
Sleeve Length Tall					37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T	37T
Chest	33	34	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Natural Waist	26¾	27¼	27½	29½	32½	34½	36¾	39	41¼	43½	46	48½	50¾	53	55¼	57½	59¾	62	64¼	66½

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Men's Size Scale C

Alpha Shirts

Long or Short Sleeve	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Neck Size	13	13½	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½	22	22½
Sleeve Length 30–31																				
Sleeve Length 32–33																				
Sleeve Length 34–35																	T	T	T	
Sleeve Length 36–37 Tall								T	T	T	T	T	T	T	T	T	T	T	T	
Short Sleeve Regular																				
Short Sleeve Tall								T	T	T	T	T	T	T	T	T	T	T	T	

T=Talls; Talls have 2" longer body.

Men's Size Scale F

Pants and Shorts

Regular					28	30	32	34	36	38	40	42	44	46	48	50	52	54
Tall						30	32	34	36	38	40	42	44	46				

Men's pants will finish 26, 27, 28, 29, 30, 31, 32, 33, 34 hemmed. Talls will finish 35, 36 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 26, 27, 29, 31, 33, and 35 are non-returnable

Men's Size Scale G

Blazers and Coats

Short 5'3"–5'7"						36	38	40	42	44	46						
Regular 5'7"–6'0"						36	38	40	42	44	46	48	50	52	54	56	58
Long 6'0"–6'3"							38	40	42	44	46	48	50	52	54	56	58
Extra Long 6'3" and taller								40	42	44	46	48					

Men's Size Scale I

Vests

Size	XS		S		M		L		XL		2XL		3XL		4XL		5XL	
Chest	32	34	36	38	38	40	42	44	46	48	50	52	54	56	58	60	60	62

SIZE SCALE GUIDE

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Ladies' Size Scale J

Alpha Shirts and Vests

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL							
Numeric Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Bust	32	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53

Ladies' Size Scale L

Alpha Shirts and Vests

Alpha Size	XS	S	M	L	XL	2XL	XL							
Numeric Size	2	4	6	8	10	12	14	16	18	20	22	24	26	28

Ladies' Size Scale K

Alpha Shirts and Vests

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL							
Numeric Size	0-2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53	54

Ladies' Size Scale M & N

Pants, Shorts and Skirts

Size	0	2	4	6	8	10	12	14	16	18	18W	20W	22W	24W	26W	28W
Waist	25	26	27	28	29	30	31½	33	34½	36½	41	43	45	47	49	51
Hips	34	36	37	38	39	40	41½	43	44½	46½	49	51	53	55	57	59

Ladies' pants will finish 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 25, 26, 27, 29, 31, 33, and 35 are non-returnable.

Ladies' Size Scale S

Blazers and Coats

Regular 5'8" and Shorter	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Tall 5'8" and Taller			4T	6T	8T	10T	12T	14T	16T	18T					
Bust	32	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53
Waist	25	26	27	28	29	30	31½	33	34½	36½	38½	41	43	45	47
Hips	34	36	37	38	39	40	41½	43	44½	46½	48½	49	51	53	55

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Ladies' Size Scale W

Housekeeping Dresses and Tunics

Size	AA		A		B		C		D		E	
Ladies' Size	0	2	4	8	10	14	16	20	22	26	28	30
Bust	32	33	34	36	37	40	41½	45½	47	51	53	57

Ladies' Size Scale X

Housekeeping Tunics and Pants

Alpha Size	XXS		XS		S		M		L		XL		2XL		3XL	
Numeric Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust	32	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53	54
Waist	24	26	27	28	29	30	31½	33	34½	36½	38½	41	43	45	47	51
Hip	34	36	37	38	39	40	41½	43	44½	46½	48½	49	51	53	55	59

Unisex & Ladies' Size Scale Z

Belts

Unisex Alpha Size	S		M		L		XL		2XL		3XL		4XL	
Unisex Belt Size	30	32	34	36	38	40	42	44	46	48	50	52	54	56
Men's Pant Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Ladies' Pant Size	0-4	6-8	10	12-14	16	18	18W	20W	22W	24W	26W	28W		

Ladies' Alpha Size	XS		S		M		L		XL		2XL		3XL	
Ladies' Pant Size	0-2	4	6	8	10	12	14	16	18-18W	20W	22W	24W	26W	28W

Ladies' Size Scale AB

Chef Coats

Alpha Size	XS		S		M		L		XL		2XL		3XL	
Chest/Bust	32	33	33	34	35	37	37	40	39	43	45	48	48	51
Waist	22	23	23	25	25	28	28	31	31	35	35	39	39	43
Hip	32	34	34	36	36	39	39	42	42	46	46	50	50	53

Unisex Size Scale AC

Baggy Chef Pants

Size	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Waist	24	26	26	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Inseam	32	33	33	33	34	34	34	34	34	34	34	34	34	34	34	34	34	34	34	34
Hip	32	36	36	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72