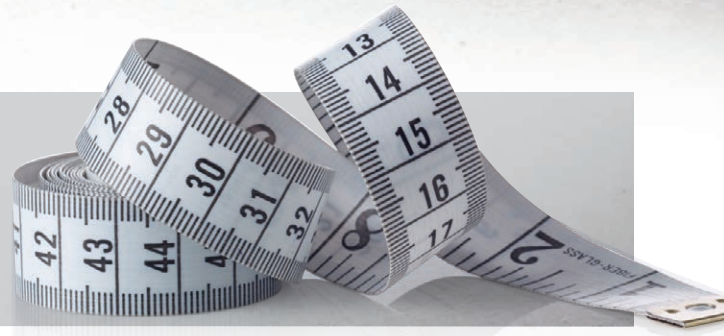# ELEVEN WORKWEAR

FITTING GUIDE

HOW TO MEASURE

To obtain accurate body measurement, use a tape measure, keeping the tape level but not stretched, follow the instructions below. Ask someone to help if necessary. For consistency please keep tape measure taut.

MEN

A. NECK
Measure around the base of your neck. Keep one finger between tape and body.

B. CHEST
Measure around your chest, keeping the tape level and straight. Keep one finger between tape and body.

C. WAIST
Measure around your natural waistline at position your pants would normally sit, keeping the tape level and straight. Keep one finger between tape and body.

D. IN-LEG LENGTH
Measure from the crotch seam to the bottom of a well-fitting pants.

WOMEN

A. BUST
Measure around the fullest part of the chest and around the shoulder blades, keeping the tape level and straight. Keep one finger between tape and body.

B. WAIST
Measure 2cm below your belly button, keeping the tape level and straight, measure against the skin and not over clothing. Keep one finger between tape and body.

C. HIP
This is around the fullest part of the hips. Wrap the measuring tape comfortably around this area. The tape must be horizontal against the body. Keep one finger between tape and body.

TAKING YOUR MEASUREMENTS - SOME PRACTICAL TIPS

1 Ask for help, taking your own measurement can be tricky.

2 Wear only a light layer of clothing, to ensure a true measurement is taken.

3 Use a tape measure, keep it flat against your body.

4 When the tape is around you it should feel comfortable, not too tight or too loose.

www.elevenworkwear.com.au/size-guide