

To Take Your Measurements:

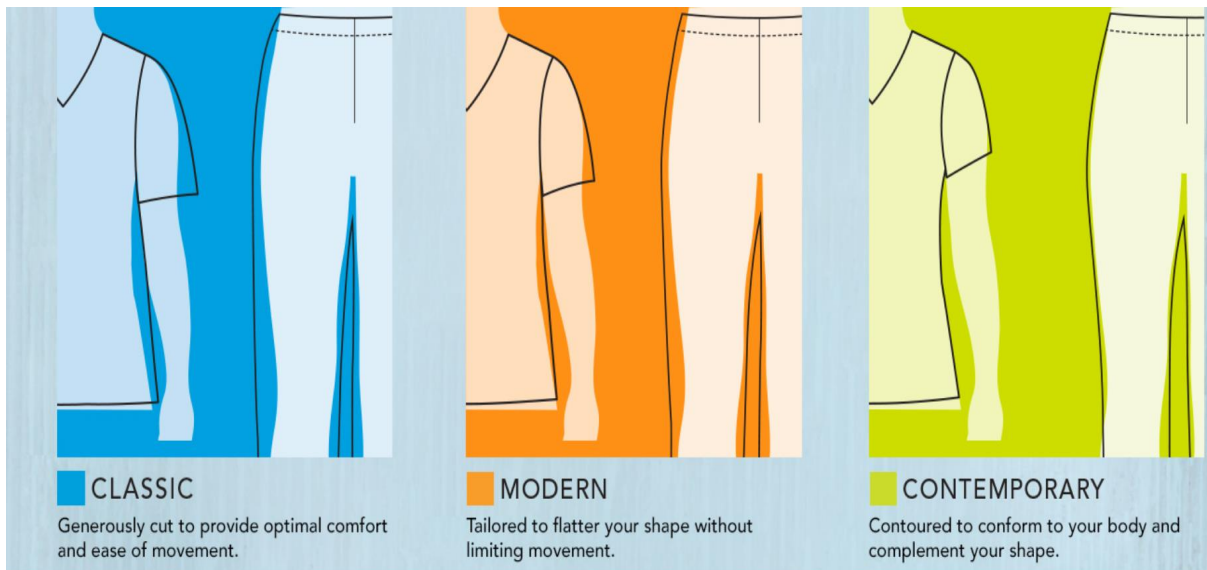
BUST The measurement over the fullest part of the chest of apex point.

WAIST The measurement of the smallest indentation of the natural waistline.

HIPS The measurement of the fullest curve of the hip or approximately 8" below the waistline.

**INSEAM /
INSIDE LEG** The measurement from the top of the inner thigh down to 1" below the ankle bone.

NOTE For accurate measurements, pull the measuring tape snugly to your body and avoid stretching.



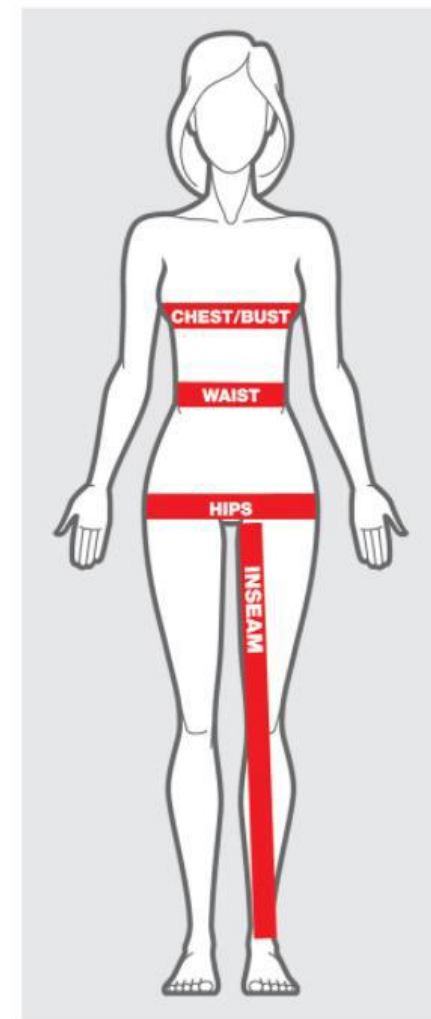
HOW TO MEASURE

CHEST: The measurement over the fullest part of the chest.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline.

WAIST: The measurement of the smallest indentation of the natural waistline.

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.



Women's Fit Guide

WOMEN'S APPAREL

SIZE	XXS	XS	S	M	L	XL	2X	3X	4X	5X
BUST	29-30	31-33	34-35	36-38	39-42	43-45	46-49	50-53	54-57	58-61
WAIST	22-23	24-25	26-28	29-31	32-34	35-37	38-41	42-45	46-49	50-53
HIPS	32-33	34-35	36-38	39-41	42-44	45-47	48-51	52-55	56-59	60-63

WOMEN'S LAB COATS

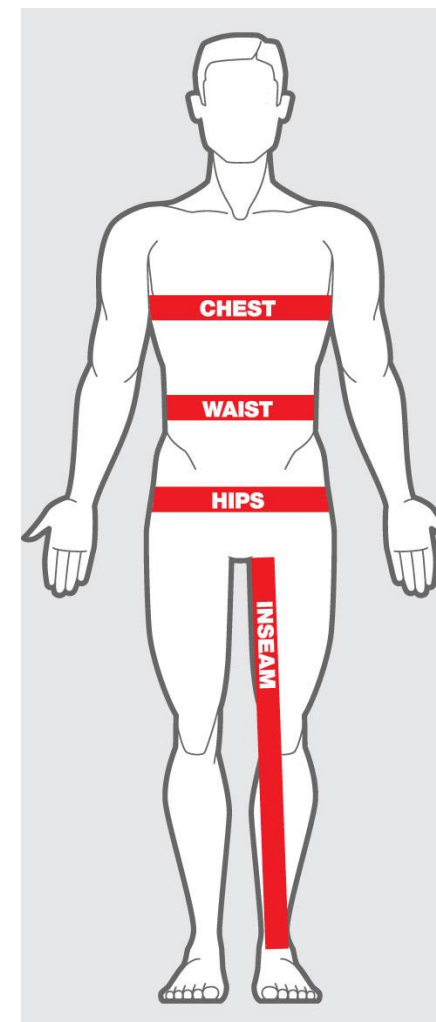
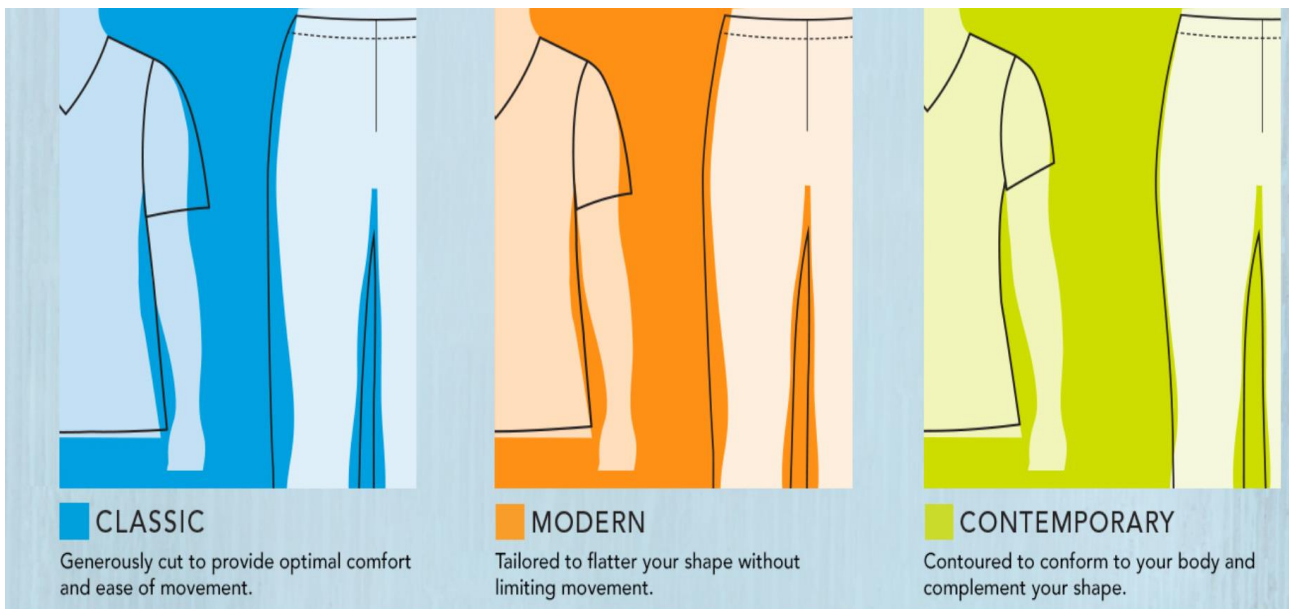
SIZE	0	2	4	6	8	10	12	14	16	18	20	40	42	44	46	48
Bust	29	30	32	33	34	35	36	38	40	42	44	46	48	50	52	54

Fit Chart for Unisex Pant Style 7602

UNISEX										
Size	XXS	XS	S	M	L	XL	2X	3X	4X	5X
CHEST	27-29	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	22-24	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
HIP	31-33	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

Fit Chart for Women's Compression Shirt IDN3002

LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL
Numeric Sizing (USA/Canada)	2	4-6	8-10	12-14	16-18	20	22	24
Numeric Sizing (European)	32	34-36	38-40	42-44	46-48	50	52	54
Chest	31" - 32"	33" - 35"	36" - 38"	39" - 42"	43" - 45"	46" - 49"	50" - 53"	54" - 57"
Waist	23" - 24"	25" - 27"	28" - 30"	31" - 32"	33" - 35"	36" - 38"	39" - 41"	42" - 44"
Hip	33" - 34"	35" - 37"	38" - 40"	41" - 42"	43" - 45"	46" - 48"	49" - 51"	52" - 54"
Sleeve Length	29.5" - 30"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"	35.5" - 36"



HOW TO MEASURE

CHEST: The measurement over the fullest part of the chest.

WAIST: The measurement of the smallest indentation of the natural waistline.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline.

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.

NHC Nurses/CNA Size Charts Men's Fit Guides

MEN'S APPAREL

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
Hip	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

MEN'S LAB COATS

Size	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
CHEST	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
WAIST	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58

Men's Fit Guides

MEN'S POLO – Program Sizes XS – 6XL

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NECK	14	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5	19.5-20	20-20.5	20.5-21
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-67
SLEEVE	31.5-32	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	37.5-38	37.5-38	37.5-38
SLEEVE (TALL)	—	—	—	36.5-37	37.5-38	38.5-39	39.5-40	—	—	—

UNISEX

Size	XXS	XS	S	M	L	XL	2X	3X	4X	5X
CHEST	27-29	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	22-24	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
HIP	31-33	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

Fit Chart for Men's Compression Shirt IDN3165

Size Chart

	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	35-38	39-41	42-45	46-49	50-52	53-56	57-60	61-64