

## MEASURING INSTRUCTIONS

The **comfort** and **fit** of your uniform depend on **accurate sizing**.

The following instructions are designed to help you obtain **precise body measurements** that will be used by our system to recommend your garment sizes.

### BASIC GUIDELINES

- **Have your measurements taken by another person**  
It is almost impossible to take accurate measurements by yourself.
- **Wear a tight-fitting top and a pair of lightweight pants that fit well and have a regular waistband.**  
**You should NOT wear low-rise pants.**
- **Remove your belt and jewelry**, including your watch, rings, bracelets and necklaces.
- **Empty your pockets.**
- **If you have long hair it should be hanging down**, not pinned or tied back.
- **Remove your shoes and wear socks that you normally wear for work.**
- **Stand straight and still, with your arms hanging comfortably.**
- **Do not hold your breath.**

### GUIDELINES FOR TAKING MEASUREMENTS

- **Do not tighten the tape, or leave too much slack.**
- **Do NOT estimate measurements.**  
If a reading falls between two lines on the tape, always take the larger measurement.
- **Do NOT increase the measurements taken.**  
Logistik's sizing system and garment designs already provide ample room for ease of movement.

### NEED HELP?

Call Logistik Customer Service  
at 1-888-326-8688 or 450-349-9700.

These instructions are also available on our website.

## HEAD

1. Wrap the **tape around the widest point of the head, just above the ears** (Figures 1A and 1B).
  2. Take the measurement on the forehead, near the temple (Figure 1B).
- The measurement is the number that lines up with the edge of the tape (Figure 1C).

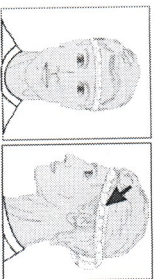


FIGURE 1A

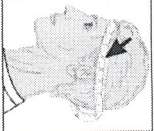


FIGURE 1B



FIGURE 1C

## NECK

- Taken directly against the skin
1. Wrap the **tape around the base of the neck**.
  2. At the front of the neck, where the top button would be located if a collar were buttoned up, **cross the leading edge of the tape over the length of the tape at a 90° angle, making a "V"** (Figures 2A and 2B). You should be able to **insert a finger between the tape and the skin**, at this location (Figure 2B).  
The measurement is the number that lines up with the bottom of the edge of the tape (Figure 2B).



FIGURE 2A

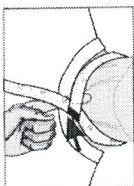


FIGURE 2B

## CHEST

1. Wrap the **tape under the arms, around the widest part of the chest, just under the shoulder blades** (Figure 3A). The **tape must be parallel to the floor and snug**, though not tight.  
The measurement is the number that lines up with the edge of the tape (Figure 3B).

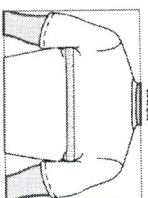


FIGURE 3A

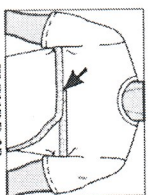


FIGURE 3B

## WAIST

1. Wrap the **tape around the body (NOT over the pants), at waist level** (Figures 4A and 4B). The **tape must be parallel to the floor and fit snugly rather than tightly against the body**.  
The measurement is the number that lines up with the edge of the tape (Figure 4B).

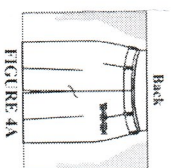


FIGURE 4A

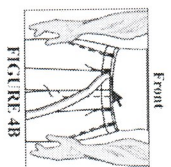


FIGURE 4B

## HIPS

- Arms crossed and feet together**
1. Wrap the **tape around the fullest part of the floor and fit snugly rather than tightly against the body**.  
The measurement is the number that lines up with the edge of the tape (Figure 5B).

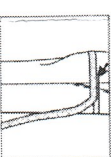


FIGURE 5A

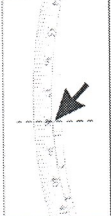


FIGURE 5B

## SLEEVE LENGTH

- Right arm raised to the side and bent at the elbow** to bring the **hand toward the chest** with the **palm facing downwards**. The **forearm should be parallel to the floor** and the **tip of the middle finger should be aligned with the center of the chest**.
1. Place the **leading edge of the tape in the middle of the upper back, at the base of the neck** (Figure 6A).
  2. Stretch out the **tape across the back, down to the elbow and all the way to the wrist** (Figure 6B).  
The measurement is the number that lines up just past the wrist bone (Figure 6B).

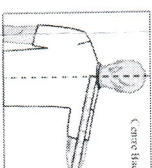


FIGURE 6A

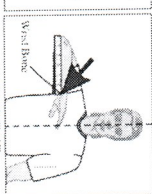


FIGURE 6B

## HAND

- Dominant hand** (e.g. if right-handed measure the right hand)
1. Starting **under the hand** (Figure 7A), wrap the **tape around the hand, excluding the thumb and across the top of the knuckles** (Figure 7B).
  2. Holding the tape in place, instruct the person to **clench his or her fist and allow the tape to adjust itself to fit snugly rather than tightly** (Figure 7B).  
The measurement is the number that lines up with the edge of the tape (Figure 7B).



FIGURE 7A

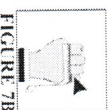


FIGURE 7B

## OUT

### Use one of the

- Method 1** (recommended)
1. Take a pair of dress pants and are the right length.
- Do NOT use low-rise pants**
2. Lay the pants on a table with the side seam facing up.
  3. Measure the **distance from the bottom of the trouser** (Figure 8A).
- The measurement is the number of the pants.

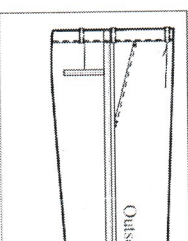


FIGURE 8A

### Method 2

1. Place the **leading edge of side of the torso, at the**
2. **Run the length of the torso of the leg** (Figure 8B)

The measurement is the number of the floor.

Use the **foot measuring device** the indicated instructions.

### Use one of the

- Method 1** (recommended)
- Standing with back against**
1. Place a flat, rigid tool (e.g. the head to form a 90° angle)
  2. Place the **leading edge of the** measure the **distance from**
- Method 2** (approximate to accuracy)
- Arms stretched out sideways**
1. Place the **leading edge of the** middle finger of one hand **line, the distance across** hand's **middle finger**.