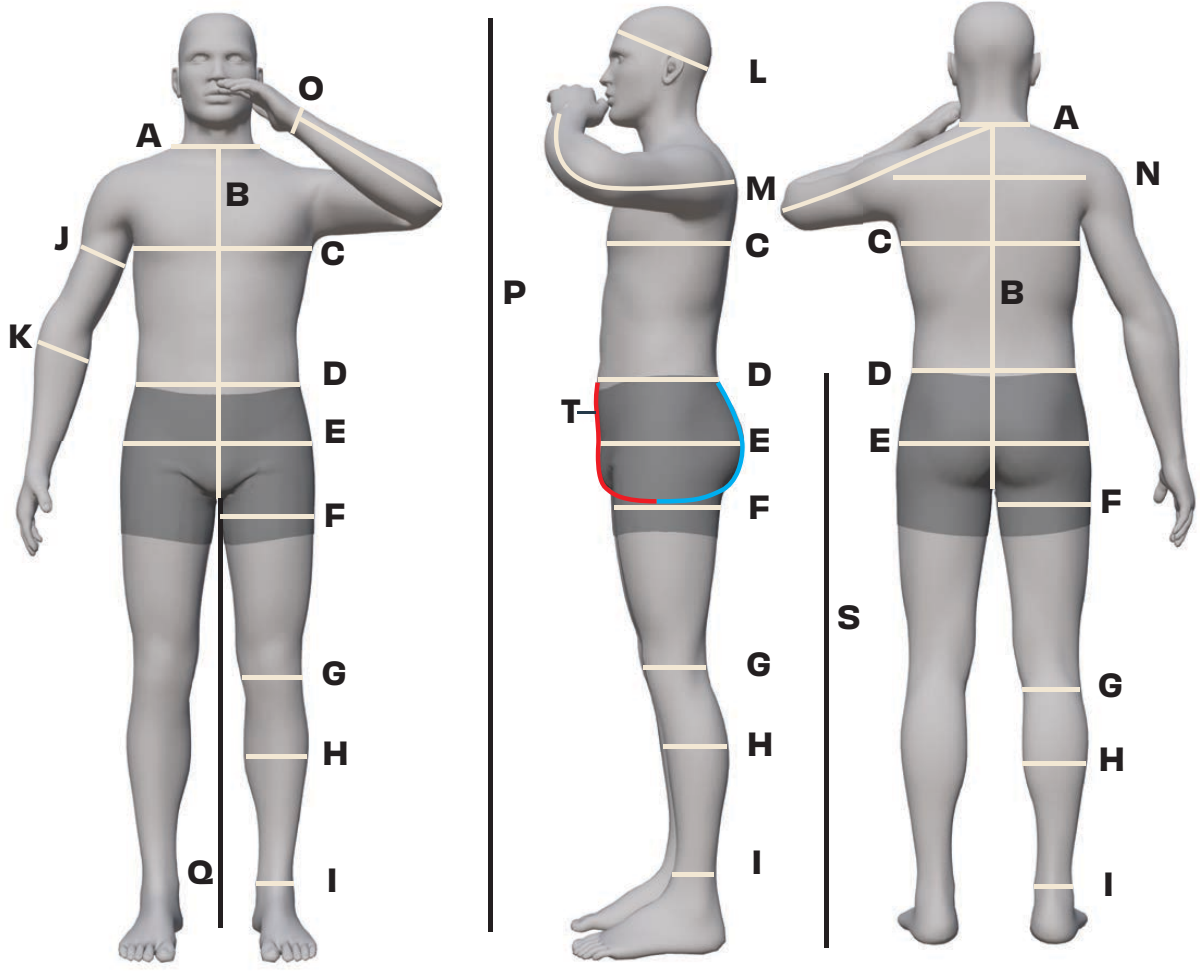


## MFC-156 MENS ALPHA WORK SHIRT FIT CHART

Alpha Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck Max.	14	15	16	17	18	19	20	21	22	23
Chest Range	32-36	36-40	40-44	44-48	48-52	52-56	56-60	60-64	64-68	68-72
Waist Max.	32	37	42	46	51	55	59	63	67	71
Hip Max.	36	40	44	48	52	56	60	64	68	72

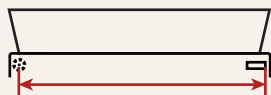
HEIGHT: Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"



- |          |       |          |       |          |               |          |          |
|----------|-------|----------|-------|----------|---------------|----------|----------|
| <b>A</b> | Neck  | <b>F</b> | Thigh | <b>J</b> | Bicep         | <b>N</b> | Shoulder |
| <b>B</b> | Trunk | <b>G</b> | Knee  | <b>K</b> | Forearm       | <b>O</b> | Wrist    |
| <b>C</b> | Chest | <b>H</b> | Calf  | <b>L</b> | Cap           | <b>P</b> | Height   |
| <b>D</b> | Waist | <b>I</b> | Ankle | <b>M</b> | Sleeve Length | <b>Q</b> | Inseam   |
| <b>E</b> | Hip   |          |       |          |               |          |          |

## A - Neck

Measure around the base of your neck where a collared shirt would fit; or measure a collarband of a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the buttonhole to the center of the button.



## B - Trunk

Measure from the base of the neck (front) down around the crotch and back up to the bottom of the collar. For coveralls only - see diagram.

## C - Chest / Bust

Measure at the fullest part of your chest / bust. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally with your arms down by your side.

## D - Waist / Mid Section

First, remove your belt. Then measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly. Note - For shirts and coveralls, measure the largest portion of the mid-section.

## E - Hips

Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.

## F - Thigh

Measure the circumference of the upper leg close to the crotch (approximately 1" below crotch).

## G - Knee

With the leg straight, measure the knee circumference over the knee cap and parallel to the floor.

## H - Calf

Measure the circumference of the largest part of the lower leg approximately half way between the knee and ankle and parallel to the floor.

## I - Ankle

Measure the ankle circumference over the ankle bone and parallel to the floor.

## J - Upper Arm / Bicep

Measure the maximum circumference of the upper arm just below the underarm.

## K - Forearm

Measure the maximum circumference of the forearm at approximately 6" above the wrist.

## L - Cap / Hat Size

Measure the circumference of the head at its widest diameter, approximately 1/8" above the ears.

## M - Sleeve

Bend the elbow as shown (see M). Start at the center back neck and measure across shoulder to the elbow and down to the wrist bone.

## N - Across Shoulder

While standing with arms down, measure across the back from one shoulder joint to the other.

## O - Wrist

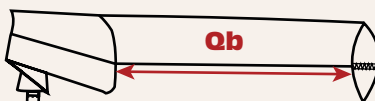
Measure the wrist circumference over the wrist bone.

## P - Height

Stand straight against a wall without your shoes. Make a mark level with the top of your head. Measure from this point down to the floor.

## Q - Inseam

Standing straight, measure the distance from the crotch to just below the ankle bone. Use similar style pants that fit you well; lay garment flat and with the front and back creases smooth. Measure the inside seam of one leg from the bottom of the hem to the crotch (see Qb).



## R - Overarm (Blazers)

With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If overarm is more than 7" larger than the chest, go up one size.

## S - Outseam

Measure along the outside of the leg from the top of the waistband to the bottom of the hem or just below the ankle bone.

## Sa - Outseam on Garment

On an existing garment: lay garment flat, measure along the outseam from the top of the band to the bottom hem.



## T - Front and Back Rises

■ this is the distance from the center front at the top of the waistband to the intersection of the crotch seam.

■ this is the distance from the center back waistband to the intersection of the crotch seams.

