




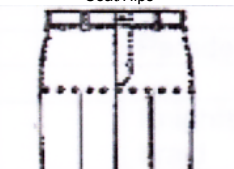
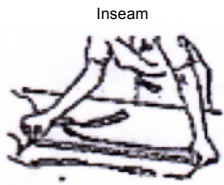


Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
 Email \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**How to Measure for a Proper Fit**

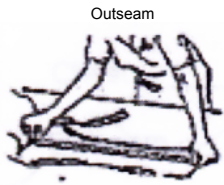
Use this worksheet to record your measurements before you place your online order. Email completed form to [fred@siegelsuniforms.com](mailto:fred@siegelsuniforms.com). Please specify your choice of finish when emailing your measurements.

What to Measure	Directions
<p>Sleeve</p> 	<p>Measure from center of neck down your arm, behind elbow to far end of your cuff.</p> <p><b>Record Your Measurement</b></p>
<p>Chest</p> 	<p>Measure around broadest part of chest. Keep tape UNDER arms and across shoulder blades with arms down at side.</p> <p><b>Record Your Measurement</b></p>
<p>Neck</p> 	<p>Choose a shirt that fits you well. Lay collar flat and measure from center of collar button to fat portion of button hole.</p> <p><b>Record Your Measurement</b></p>
<p>Mid-waist (Middle)</p> 	<p>Measure around belly button or largest area around middle, over shirt - not over pants. Measure accurately but not tight.</p> <p><b>Record Your Measurement</b></p>
<p>Waist</p> 	<p>Measure around waist over shirt - not over pants. Measure accurately but not tight.</p> <p><b>Record Your Measurement</b></p>
<p>Seat/Hips</p> 	<p>Measure around the largest part of your seat/hip as shown. Measure all the way around.</p> <p><b>Record Your Measurement</b></p>



Choose a pair of pants that fit you well. Measure along INNER seam from crotch to bottom of pant leg.

**Record Your Measurement**



Choose a pair of pants that fit you well. Measure from the top of the waistband to the bottom of trousers down the center seam on the outside of the trouser.

**Record Your Measurement**

**Hat Sizes Guide Lines**

*For proper fit, tape measure above ears and around forehead*



<b>Small</b>	<b>Hat Size</b>	<b>Inches</b>
	6 ½	20 ¼
	6 5/8	20 3/4
<b>Medium</b>	<b>Hat Size</b>	<b>Inches</b>
	6 ¾	21 1/8
	6 7/8	21 ½
<b>Large</b>	<b>Hat Size</b>	<b>Inches</b>
	7	21 7/8
	7 1/8	22 ¼
<b>X-Large</b>	<b>Hat Size</b>	<b>Inches</b>
	7 ¼	22 5/8
	7 3/8	23
<b>XX-Large</b>	<b>Hat Size</b>	<b>Inches</b>
	7 ½	23 ½
	7 5/8	23 7/8
<b>XX-Large</b>	<b>Hat Size</b>	<b>Inches</b>
	7 ¾	24 ¼
	7 7/8	24 5/8
	8	25