

.....GUIDE TO A PERFECT SHIRT FIT

We value quality and perfection. We know that every body is different. Your size, posture, figure, and the shape of your body all change the way a shirt fits. This is why we have prepared a comprehensive guide to help you take the perfect measurements for your www.uniforms.com.au dress shirts.

We know that taking measurements can be a chore, so we have worked hard to make it as easy and quickly as possible for you.

What you will need:

- A fabric measuring tape (fabric only).
- Assistance from a friend
- A well fitting shirt, pair of trousers (not jeans), and a pair of shoes.

When taking measurements:

- Keep the measuring tape comfortably snug, but not tight.
- All measurements should be made to nearest inch / centimeter.

The following sections provide instructions on how you can measure your own body to fit each shirt. These four (2) measurement methods are completely different from each other but should yield the same result. The steps within each of these methods are not to be interchanged:

- 1) **SHIRT MEASUREMENT METHOD.** [Measure your best fitting shirt.](#) **“RECOMMENDED”**
 - Measure the shirt that fits you well and enter the shirt measurements through the control panel.
- 2) **BODY MEASUREMENT METHOD.** [Measure your body.](#)
 - Ask someone to take your own measurements.
Many customers get this wrong the first time, so if you do not have experience doing this, please use “Shirt Measurements Method”.



Shirt – Measure your best fitting shirt

Please note that the shirt should be laid flat on a table or smooth surface for proper measurement.



COLLAR

1. COLLAR

The collar measurement should be taken from the middle of the button hole to the center of the collar button when the collar is spread flat.



HALF CHEST

2. HALF CHEST

Button the shirt and lay it flat. Then measure from left seam to right seam just below the armpit.



HALF WAIST

3. HALF WAIST

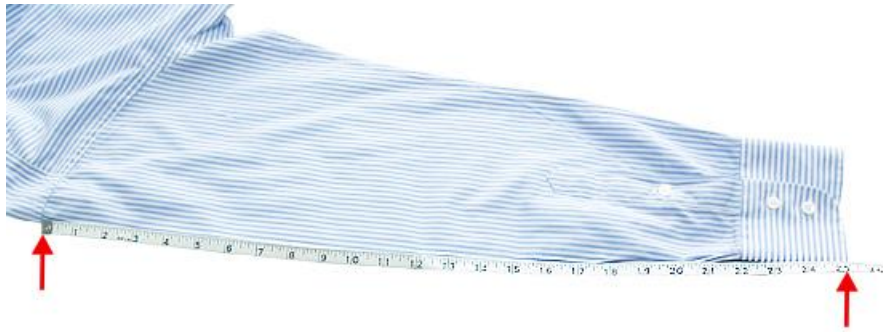
With the shirt laid flat, measure from left seam to right seam at the waistline.



HALF HIPS

4. HALF HIPS

With the shirt laid flat, measure from left seam to right seam at the base of the shirt.



SLEEVE LENGTH

5. SLEEVE LENGTH

Lay a sleeve flat and measure along the outside edge (opposite to the sleeve seam) from the top of the shoulder (starting at the seam) to the end of the cuff.



HALF BICEP

6. HALF BICEP

With the shirt laid flat, measure the width of your sleeve at the upper arm.



CUFF

7. CUFF

Spread the cuff on flat surface. Place the measuring tape on the center of the buttonhole and measure across to center of the button.



YOKE

8. YOKE

Measure the distance between the sleeves, from one edge of the shoulder to the other, across the back.



SHOULDER

9. SHOULDER

Measure the distance between sleeve and collar along the shoulder seam. ***This is a secondary reference. **Yoke** is primarily considered when submitting measurements from well fitting shirt.***



SHIRT LENGTH

10. SHIRT LENGTH

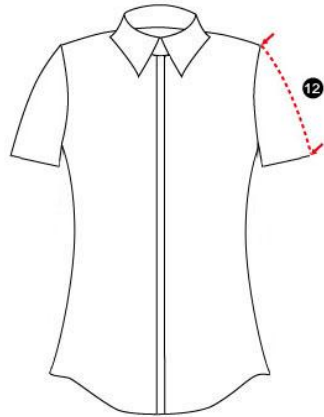
Measure at the back from the base of the collar seam at the middle to a point where the shirt ends.



ARMHOLE

11. HALF ARMHOLE

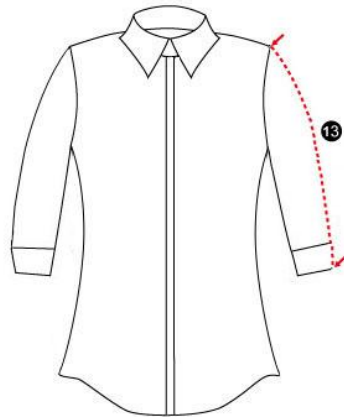
Place the shirt on a large flat surface so the front of the shirt is facing you. Place the measuring tape at the top of the armhole seam and follow it along its edge to the point where the armhole meets the sleeve seam. (Note: this is a curved measurement, so please measure carefully.)



SHORT SLEEVE LENGTH

12. SHORT SLEEVE LENGTH

Lay a sleeve flat and measure on the outer part of it (opposite to the sleeve seam) from the edge of the shoulder (starting at the seam) to the end of the cuff.



³/₄ SLEEVE LENGTH

13. ³/₄ SLEEVE LENGTH

Lay a sleeve flat and measure on the outer part of it (opposite to the sleeve seam) from the edge of the shoulder (starting at the seam) to the end of the cuff

** Our tolerance of production (cutting commitment) is based on international standards.

- Collar : (+/-) 0.5 cm total circumference
- Shoulder length/Yoke : (+/-) 0.6 cm Total length
- Chest size : (+/-) 2.0cm Total circumference
- Waist size : (+/-) 2.0 cm Total circumference
- Hip size : (+/-) 2.0 cm Total circumference
- Sleeve length : (+/-) 1.0 cm Total length

These allowances generally apply to all garment types: shirts, suits, jackets, pants for men and women.

Body Measurements – Shirt

Ask a friend for help or have your local tailor measure you based on our guide



SHIRT LENGTH

1. SHIRT LENGTH

Take the measure from the highest part of your shoulder (next to the collar) to the longest part of the shirt. See image on the left.



SHOULDER WIDTH

2. SHOULDER WIDTH

Ask for a friend's help. Put on a shirt that fits you well and measure between your shoulders. The measuring tape should be close to the lowest part of the shirt's neck.

Measure the distance from one shoulder to the other, the measuring tape has to start and finish one centimeter before the end of your shoulder. See picture on the left.



NECK

3. NECK

Measure around your neck. Adjust the measuring tape to your preferred looseness. It is very important to introduce a finger between your body and the tape.

- **Tip:** Alternatively, you can measure the collar of a shirt that fits you well. You should measure from the buttonhole to the button around the neck.



CHEST

4. CHEST

Measure around the widest part of your chest (put the measuring tape on both nipples). Let loose so that you can put a finger between your body and the tape. Make sure that the tape is at an even height all the way around.

Remember: It is very important that the measuring tape is at level of both nipples and put a finger between your body and the tape.



BICEP

5. BICEP

Measure around the widest part of your bicep. Let loose so that you can put a finger between your body and the tape.



WRIST

6. WRIST

Measure around the wrist leaving one finger of space to take the measurement.



SLEEVE

7. SLEEVE

Put on a shirt that fits you well. Measure from the shoulder's seam all along the arm until you find the desired length.

Tip: The most used length is to measure from the shoulder's seam to where the thumb bone starts (see picture on the left).



SHORT SLEEVE

8. SHORT SLEEVE

Measure with arm at your side, from the tip of the shoulder to a point on the outside of the arm where you want the sleeve to end.



3/4 SLEEVE

9. 3/4 SLEEVE

Measure the actual wrist size around your wrist bone. You may also consider adding $\frac{1}{4}$ " to $\frac{1}{2}$ " to your size if you wear medium to heavier watches.



WAIST

10. WAIST

Put the measuring tape around your waist, waist is the narrowest part of your body at the height where you would wear your pants. Let loose so that you can put one or two fingers between your body and the tape.

Note: Your off-the-rack pants size is **NOT** the same as your actual waist size. We need actual measurement.



STOMACH

11. STOMACH

Measure around the widest part of your abdomen. Let loose so that you can put a finger between your body and the tape. Make sure the tape is at the same height at all times.

The widest part of the abdomen tends to be 3-4 cm under the belly button. Remember to put a finger between your body and the tape.



HIPS

12. HIPS

Measure around the widest part of your HIPS (normally around your behind). Make sure that you can put a finger between your body and the tape. The tape should be straight at all times.



BREAST POINT

13. BREAST POINT

Measure from the highest point of your shoulder, to the breast point (the most outstanding part of your breast).



WAIST POINT

14. WAIST POINT

Measure from the highest part of your shoulder, next to the collar to your waist through the most outstanding part of your breast. Please see picture on the left.



SLEEVE HOLE

15. SLEEVE HOLE

Take the measure around your armpits. Leave space for one finger between the shoulder and the tape.



BUST

16. BUST

Measure from the armpit to the other one by the front side.

For your guidance, all finished products follow the international standards for allowances:

** Our tolerance of production (cutting commitment) is based on international standards.

Collar	: (+/-) 0.5 cm total circumference
Shoulder length/Yoke	: (+/-) 0.6 cm Total length
Chest size	: (+/-) 2.0cm Total circumference
Waist size	: (+/-) 2.0 cm Total circumference
Hip size	: (+/-) 2.0 cm Total circumference
Sleeve length	: (+/-) 1.0 cm Total length

These allowances generally apply to all garment types: shirts, suits, jackets, pants for men and women.