

ST JOHN AMBULANCE UNIFORMS

HOW TO MEASURE GUIDE

WOMEN'S SIZING

We have created a simple to use size chart to help you order the right size. To get an accurate body measurement, use a tape measure, keeping the tape taut but not stretched and follow the instructions below. Ask a friend to help if necessary. For consistency ensure all measurements are taken from the same side of the body.



A. BUST

Measure around fullest part of the bust, keeping the tape level and straight. Keep one finger between tape and body.



B. WAIST

Measure around your waist, keeping the tape level and straight. Keep one finger between tape and body.



C. HIPS

Stand naturally, measure around fullest part of hips (approx. 22cm down from waist), ensure tape is level and straight. Keep one finger between tape and body.

MEN'S SIZING

We have created a simple to use size chart to help you order the right size. To get an accurate body measurement, use a tape measure, keeping the tape taut but not stretched and follow the instructions below. Ask a friend to help if necessary. For consistency ensure all measurements are taken from the same side of the body.



A. CHEST

Measure around fullest part of the chest, keeping the tape level and straight. Keep one finger between tape and body.



B. WAIST

Measure around waist, keeping one finger between tape and body. Over your shirt (not trousers) at the position you would normally wear your trousers.

WOMEN'S PANTS, SHIRT

	6	8	10	12	14	16	18	20	22	24
FITS BUST	80	85	90	96	102	108	116	124	130	136
FITS WAIST	62	67	72	77	82	87	95	103	108	113
FITS HIP	88	93	98	103	108	113	121	129	134	139

WOMEN'S JACKETS, JUMPERS

	XS	S	M	L	XL	2XL	3XL
FITS BUST	85	90	98	106	114	122	130

MEN'S PANTS

MEN'S PANTS – REGULAR	72R	77R	82R	87R	92R	97R	102R	107R						
MEN'S PANTS – SHORT				87S	92S	97S	102S	107S	112S	117S	122S	126S	132S	
MEN'S PANTS – LONG	74L	79L	84L	89L	94L									
FITS WAIST	72	77	82	87	92	97	102	107	112	117	122	126	132	

MEN'S SHIRTS, JACKETS, JUMPERS

	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
FITS CHEST	82	87	92	97	102	110	118	126	134	142

