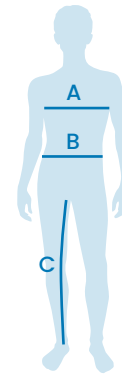


# MENS SIZE GUIDE

Biz Care apparel sizes are designed to fit average industry standards for the below body measurements. Please use this handy Body Measurement Guide to compare your own measurements and help you determine which size to order.

Use these measurements as a guide when selecting the right size garment, but also take into consideration the garment fit.



**A. CHEST** - Measure under your arms and across shoulder blades, around the fullest part of your chest. Hold one finger between body and tape.

**B. WAIST** - Measure around your natural waistline while holding one finger between body and tape. Measure over shirt at position your pants would normally sit.

**C. IN SEAM** - Measure from the crotch seam to the bottom of the inside leg of a well-fitting pair of pants.

**PANT LENGTHS** - Pants will vary in length depending on the height of each individual and also their shape. Most pants come with a hem allowance for easy alterations.

## Men's Shirts, Polos, Knitwear and Outerwear

Chest	cm	87	92	97	102	107	112	117	122	127	132	137
	in	34	36	38	40	42	44	46	48	50	52	54
Shirts and Polos			XS	S	M	L	XL	2XL	3XL	4XL	5XL	
Knitwear and Outerwear			XS	S	M	L	XL	2XL	3XL	4XL	5XL	

## Men's Scrub Tops and Lab Coat

Chest	cm	87	92	97	102	107	112	117	122	127	132	137
	in	34	36	38	40	42	44	46	48	50	52	54
Men's Scrub Tops			XS	S	M	L	XL	XL -2XL	3XL	4XL	5XL	
Unisex Scrub Tops			XS	S	M	L	XL	2XL	3XL		5XL	
Unisex Lab Coat			XS	S	M	L	XL	2XL	3XL		5XL	

## Men's Pants, Shorts and Scrub Pants

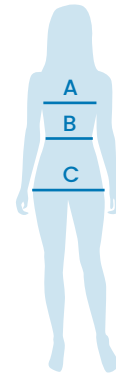
Waist	cm	72	77	82	87	92	97	102	107	112	117	122	127
	in	28	30	32	34	36	38	40	42	44	46	48	50
Biz Care Comfort Waist Lowers		72	77	82	87	92	97	102	107	112	117	122	127
Men's Scrub Pants			XS	S	M	L	XL	2XL	3XL	4XL		5XL	
Unisex Scrub Pants			XS	S	M	L	XL	2XL	3XL		5XL		

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# WOMENS SIZE GUIDE

Biz Care apparel sizes are designed to fit average industry standards for the below body measurements. Please use this handy Body Measurement Guide to compare your own measurements and help you determine which size to order.

Use these measurements as a guide when selecting the right size garment, but also take into consideration the garment fit.



**A. BUST** - Measure under your arms and across shoulder blades, around the fullest part of your bust.

**B. WAIST** - Measure around your natural waistline. This is the smallest part of your waist.

**C. HIP** - Measure around fullest part of your hips (about 20 - 24 cm down from waist) while standing naturally.

**PANT AND SKIRT LENGTHS** - Pants and skirts will vary in length depending on the height of each individual and also their shape. Most pants come with a hem allowance for easy alterations.

## Women's Shirts, Scrub Tops, Knitwear and Outerwear

		XXS	XS	XS-S	S	M	L	L-XL	XL	2XL	3XL	4XL	5XL		
AU/NZ		4	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust	cm	75-77	78-82	83-87	88-92	93-97	98-102	103-108	109-114	115-119	120-124	125-129	130-134	135-139	140-144
	in	29.5-30.3	30.7-32.3	32.6-34.2	34.6-36.2	36.6-38.2	38.6-40.2	40.6-42.5	43-44.9	45.3-46.9	47.2-48.8	49.2-50.8	51.2-52	53-54.7	55.1-56.7

## Women's Pants, Scrub Pants and Skirts

		XXS	XS	XS-S	S	M	L	L-XL	XL	XL-2XL	2XL-3XL	3XL-4XL	4XL	5XL	
AU/NZ		4	6	8	10	12	14	16	18	20	22	24	26	28	30
Waist	cm	57-59	60-64	65-69	70-74	75-79	80-84	85-90	91-96	97-101	102-106	107-111	112-116	117-121	122-126
	in	22.4-23.2	23.6-25.2	25.6-27.2	27.5-29.1	29.5-31.1	31.5-33.1	33.5 - 35.4	35.8-37.8	38.1-39.8	40.2-41.7	42.1-43.7	44.1-45.7	46.1-47.6	48-49.6
Hip	cm	84-86	87-91	92-96	97-101	102-106	107-111	112-117	118-123	124-128	129-133	134-138	139-143	144-148	149-153
	in	33.1-33.9	34.2-35.8	36.2-37.8	38.1-39	40.1-41.7	42.1-43.7	44.1-46.1	46.5 -48.4	48.8-50.4	50.7-52.4	52.7-54.3	54.7-56.3	56.7-58.3	58.7-60.2

All measurements provided are approximate body measurements and for reference only. Actual sizing may vary according to the style and fit of the garment. Not all styles are available in all sizes, please refer to product pages for available sizing.