

HOUSEKEEPING UNIFORM SIZING GUIDE

SIZE	SHOULDER TO SHOULDER	BUST	WAIST	HIPS
32	40cm	> 86cm	> 80cm	> 96cm
34	42cm	86-90cm	80-84cm	100-106cm
36	44cm	92-98cm	84-88cm	100-108cm
38	45cm	96-100cm	88-99cm	106-108cm
40	46cm	98-104cm	92-100cm	113-118cm
42	48cm	104-110cm	100-106cm	119-126cm
44	49cm	112-120cm	106-112cm	126-130cm
46	51cm	118-124cm	112-116cm	128-134cm
48	53cm	124-130cm	116-120cm	132-138cm
50	54cm	130-134cm	120-126cm	140-145cm
52	55cm	134-140cm	126-130cm	146-151cm
54	56cm	140-146cm	130-136cm	151-158cm

All dimensions are given in cms. If you are between sizes, please take the bigger size

NOTES:

Bust: With arms at sides, place the tape measure under your arms and run it around the fullest part of the bustline and across the shoulder blades.

Waist: Find the natural crease of your waist by bending to one side. Run the tape measure around your natural waistline, keeping one finger between the tape and your body for a comfortable fit.

Hips: With feet together, run the tape measure around the fullest part of your bum.