

MENS SIZE GUIDE

For your body measurements, please keep the tape measure taut - but not stretched - and follow the guidelines. Get a friend to help if necessary and ensure all measurements are taken from the same side of your body.

For more information on style fits and how to measure, visit www.biz-care.com.



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

Men's Shirts, Polos, Knitwear, Outerwear

Chest (cm)	87	92	97	102	107	112	117	122	127	132	137
Chest (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
Chest (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
Waist (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		

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 Range Guide (p50) for available sizing.