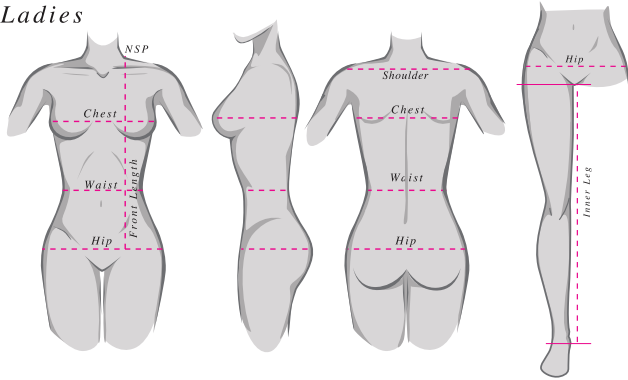
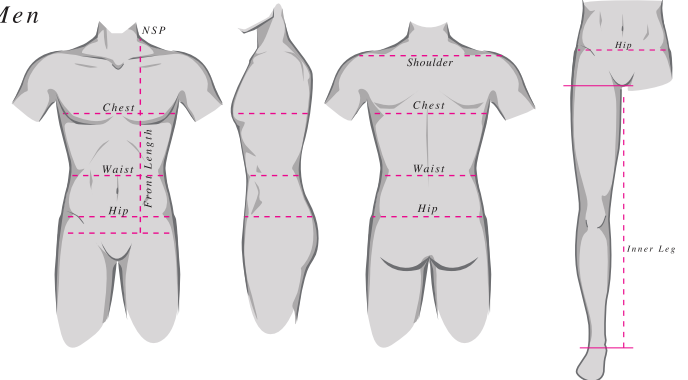


## HOW TO MEASURE TO GET THE PERFECT FIT

Ladies



Men



### HOW TO MEASURE ACCURATELY

**This is a body measurement guide, and not a garment measurement guide. The measurements for your clothing are actual garment measurements. Keep this in mind when choosing your garment size and don't forget to leave some breathing room.**

It is extremely important to keep the tape measure straight. If measuring across or around your body the tape measure must be parallel to the ground.

- If it is not straight you will get an inaccurate measurement.
- If your tape is TOO LOOSE it will not be straight so you will get an incorrect measurement.
- If your tape is TOO TIGHT your measurement will be too small.

Hold one end of tape measure against your body and wrap it around your body, holding it firm and straight. The best way to get your best fit is to measure one of your own shirts that fits you nicely. Lay the garment on a flat surface and measure across the chest from one side seam to the other side seam, 2 cm below the armhole.

### SHOULDER TO SHOULDER (For shirts, tops and jackets)

Measure from the widest point of your one shoulder to the widest part of your other shoulder - across you back.

### HALF CHEST (For shirts, tops and jackets)

Measure around your body at the widest part of your chest. Divide this figure in half to calculate your actual body's half chest measurement. Remember to breath out when taking this measurement. It is advisable to add on a few centimetres to this figure to allow for freedom of movement

### FRONT LENGTH FROM NSP (For shirts, tops and jackets)

This is the measurement taken from your NSP (neck shoulder point - where your neck and shoulder meet) straight down to the hem, parallel to the centre front.

### HALF WAIST (For pants and skirts)

Put your hands on your waist to get the correct position, measure around your body and then divide by two, this will give you your half waist measurement.

### HALF HIP (For pants and skirts)

Feel for your hip bone. Measure around your body, parallel to the ground. Divide in half for half hip.

### INLEG (For pants)

Measure from inner leg (crotch seam) down to required length of pants.

## WASH CARE

**Get the TLC your clothing deserves by following these simple guidelines to extend the lifespan of your TEAM uniform.**

The wash care label sewn into the garment should be referred to before washing the garment, as different fabrics require different cleaning methods. Before laundering be sure to close all zips and empty all pockets.

- |   |                                      |  |
|---|--------------------------------------|--|
| - Separate dark and light garments and wash separately                          | - Only use reputable washing powder  | - Do not tumble dry                        |
| - Pretreat greasy stains  | - Cold wash only                     | - Turn garments inside out to dry          |
| - Do not soak coloured garments   | - Wash inside out                    | - Do not hang garments in direct sunlight  |
| - Do not use detergents containing bleach                                       | - Do not bleach                      | - Iron inside out                          |
| - Use only laundry specific soap bars.<br>eg. Dis-Chem Home Butler Laundry Soap | - Do not twist or wring garments dry | - DO NOT IRON ON PRINTS                    |
| - DO NOT USE ANY OTHER SOAP BARS  | - Gently squeeze out excess water    | - PLEASE BE WATER WISE-USE WATER SPARINGLY |

## SYMBOL GUIDE FOR WASH CARE LABELS

	Hand washable		Do not iron
	Machine washable using lukewarm water		Use cool iron setting
	Do not machine wash		Use warm iron setting
	Do not use chlorine bleach		Use hot iron setting
	Dry flat - do not use a machine dryer		Garment is dry-cleanable with any solvent
	Dry using a machine dryer		Garment is dry-cleanable with any solvent except trichloroethylene
	Do not dry clean		Garment is dry-cleanable using fluorocarbon or petroleum solvents only