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HEALTHCARE UNIFORMS · SIZE DISTRIBUTION

Medical Uniform Size Distribution Guide

How centralized size distribution data cuts air freight, size-swap requests and budget variance across every department.

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DISCLAIMER

This resource is practical procurement guidance written from a China-side workwear factory's perspective. It is not medical, legal or regulatory advice. Test methods, acceptance limits and regulatory pathways vary by market and intended use; confirm every requirement against the current standard, an accredited lab report and qualified regulatory counsel before you commit funds.

Healthcare uniform resource | Document ID: SPEC-MED-SIZE-001

Purpose

Centralized size distribution data is the single most effective tool for reducing last-minute air freight, eliminating size-swap chaos, and controlling uniform budget variance. This guide explains how to build, maintain, and leverage size distribution data across departments and locations.

Why Size Distribution Data Matters

22%	3.1%	85%
OF BUDGET LOST TO AIR FREIGHT	AFTER CENTRALIZED SIZING	REDUCTION IN SIZE-SWAP REQUESTS

*Based on actual client data from a 12-clinic dental group that implemented centralized size distribution management (2022-2024).

Section 1: Size Distribution Table Template

Complete one table per department or location. Combine for aggregate institutional forecast.

SIZE	CHEST/BUST (CM)	WAIST (CM)	HIP (CM)	SCRUBS QTY	UNIFORM QTY	LAB COATS QTY	% OF TOTAL
XS	76-81	58-64	84-89				
S	84-89	66-71	91-97				
M	91-97	74-79	99-104				
L	99-104	81-86	107-112				
XL	107-112	89-94	114-119				
2XL	114-119	97-102	122-127				
3XL	122-127	104-109	130-135				
4XL	130-135	112-117	137-142				
5XL	137-142	119-124	145-150				
TOTAL							100%

Photocopy this table for each department. Aggregate all departments for total institutional order forecast. Update quarterly as staff composition changes.

Section 2: How to Build Your Size Distribution Database

1. Conduct a Physical Size Audit — Measure a representative sample of current staff (minimum 20% per department). Use a standardized measurement protocol (same tape measure type, same body landmarks, same fit preference — relaxed vs fitted).
2. Map Current Sizes to Measurements — If your current "Large" from Supplier A fits chest 99-104cm but Supplier B's "Large" fits 94-99cm, document the discrepancy. This is why reference sample lock matters.
3. Build Department-Level Tables — Create one table per department. OR staff may skew differently from Outpatient staff. Don't average across departments — the aggregate loses fidelity.
4. Add 5% Buffer for New Hires — Include a 5% overage on the most common sizes (typically M, L, XL) for onboarding. Track actual vs. forecast to refine the buffer.
5. Update Quarterly — Staff composition changes. Quarterly updates keep the forecast accurate. Set a calendar reminder.

Section 3: Batch QC Photo Process Documentation

Every production batch should include QC checkpoint photos. Here's what to request and what to look for:

INSPECTION GATE	PHOTOS REQUIRED	WHAT TO CHECK
Incoming Fabric	Fabric roll labels (batch #, date), color swatch against Pantone reference under D65 lighting	Batch # matches documentation. Color consistent across roll width.
In-Line (30% Complete)	Cut pieces on cutting table (showing yield), stitching close-ups (2-3 garments), seam interior detail	Consistent cutting, stitch count (10-12 SPI), no skipped stitches, seam allowance uniform.
Pre-Shipment Final	Finished garments on measurement table with ruler/tape reference, labels visible, packaging	Measurements within ±1.5cm tolerance. All labels correct and legible. Packaging as specified.

Pro Tip: Archive QC photos by batch number. When the next JCAHO surveyor asks to see your uniform quality control process, these photos become your physical evidence of an active QA program — not just a policy on paper.

Section 4: Air Freight Reduction Worksheet

METRIC	BEFORE CENTRALIZED SIZING	AFTER CENTRALIZED SIZING
Total Annual Uniform Spend	$_____	$_____
Expedited/Air Freight Cost	$_____ (% of total)	$_____ (% of total)
Number of Size-Swap Requests	_____	_____
Average Days from Request to Delivery	_____	_____
Staff Satisfaction (1-10)	_____	_____

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Centralize the sizing, stop paying for air.

Send the department headcount and current size spread — a size distribution table and a per-batch packing plan are returned.

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