

Fashion in the Workplace



The crime: Poor-fitting clothing

Too-tight clothing is never flattering and usually too revealing, but too-baggy clothes make you look sloppy and unprofessional. **Redemption:** Find a good tailor. Buy an item to fit the fullest parts of your body, and the tailor can nip in the rest.



The crime: Cleavage

There are very few legitimate jobs where showing off your chest is a good career move. **Redemption:** Cover up. Whenever possible, avoid wearing anything low-cut to the office. Buy a few camisole shirts to wear underneath your beloved V-neck shirts.



The crime: Gym attire

Even in the most casual workplaces, yoga pants, shorts, T-shirts and running shoes make you look sloppy and apathetic. **Redemption:** Wear nice jeans and professional-looking shoes.

The crime: Our-of-control hair

Whether it's frizzy coils or bushy beards, wild hair just doesn't look professional. **Redemption:** Women should invest in a good haircut and some styling products that can reduce poufiness and make hair easier to manage. Men should keep their facial hair well-trimmed, or better yet, go clean-shaven.



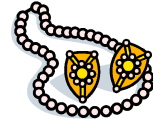
The crime: Extremely high heels

Extremely high heels are too sexy for the workplace — not to mention impractical. **Redemption:** The highest heels you should wear to the office are 2 to 3 inches. That way, you'll actually be able to walk in them, and they'll be comfortable enough to wear all day.



The crime: Shorts or too-short skirts

Showing too much leg is never a good professional move — for women or men. **Redemption:** Men should stick with long pants, and women should wear shorts or skirts that hit within an inch-and-a-half of the knee.



The crime: Noisy jewelry

An armload of bangles or long, dangling earrings are downright distracting in the office.

Redemption: Keep your office jewelry simple. A small pendant, stud earrings and a delicate bracelet look professional.



The crime: Too much perfume or cologne

Your colleague or client could be severely allergic to your favorite scent.

Redemption: Apply perfume or cologne with an extremely light hand.



The crime: Tank tops

Showing too much skin in the office is never a good idea, and tank tops are especially inappropriate for men. **Redemption:** If it's hot outside and you're going out with friends after work, simply keep a cardigan at your desk to cover up.

The crime: Dirty, ripped or torn jeans

Even on casual Fridays, ripped jeans look too dirty and messy for the workplace.

Redemption: When you do choose to wear jeans to work, make sure they are well-fitting and in extremely good condition.



Laura Morsch is a writer for CareerBuilder.com. She researches and writes about job search strategy, career management, hiring trends and workplace issues.



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