

## 70. Sizing Guide

### MEN'S SIZE CHART – BODY MEASUREMENT

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
Chest to fit (inch)	36-38	38-40	40-42	42-44	44-46	46-48	50-52	52-54	54-56	58-60	60-62	62-64
Chest to fit (cm)	91-96	96-102	102-107	107-112	112-117	117-122	127-132	132-137	137-142	147-152	152-157	157-162
Shirt Collar to fit (inch)		14.5-15	15.5	16-16.5	17-17.5	18-18.5	19-19.5					
Shirt Collar to fit (cm)		37-38	39.5	41-42	43-44.5	45.5-47	48-49.5					
<b>International conversion</b>												
Austria, Switzerland, German, Netherlands, Sweden	44	46	48	50	52	54	56	58	60	62	64	66-68
Belgium, Spain, France, Portugal	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
<b>Trousers</b>												
Waist to fit (inch)	28	30	32	34	36	38	40	42	44	46	48	50
Waist to fit (cm)	71	76	81	86	91	96.5	101.5	106.5	112	117	122	127
<b>International conversion</b>												
Austria, Switzerland, German, Netherlands, Sweden	44	46	48	50	52	54	58	60	62	64	66	68
Belgium, Spain, France, Portugal	38	40	42	44	46	48	50	52	54	56	58	60
<b>Inside leg measurement</b>												
Short	29	29	29	29	29	29	29	29	29	29	29	29
Regular	31	31	31	31	31	31	31	31	31	31	31	31
Long	33	33	33	33	33	33	33	33	33	33	33	33

### LADIES' SIZE CHART – BODY MEASUREMENT

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
<b>UK size</b>	8	10	12	14	16	18	20	22	24	26
Bust to fit (inch)	30-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50
Bust to fit (cm)	76-81	81-86	86-91	91-96	96-101	101-106	106-111	111-116	116-121	121-127
<b>International conversion</b>										
Austria, Switzerland, German, Netherlands, Sweden	34	36	38	40	42	44	46	48	50	
Belgium, Spain, France, Portugal	34	36	38	40	42	44	46	48	50	
Italy	40	42	44	46	48	50	52	54	60	
<b>Trousers</b>										
Waist to fit (inch)	26	28	29	31	33	35	37			
Waist to fit (cm)	66	71	74	79	84	89	94			
<b>International conversion</b>										
Austria, Switzerland, German, Netherlands, Sweden	36	38	40	42	44	46	48			
Belgium, Spain, France, Portugal	36-38	38-40	40-42	42-44	44-46	46-48	48-50			
Italy	40	42	44	46	48	50	52			
<b>Inside leg measurement</b>										
Regular	30	30	30	30	30	30	30			

### CHILDREN'S SIZES CHART – BODY MEASUREMENT

Years	2	3-4	5-6	7-8	9-10	11-13
Chest to fit (inch)	22-24	24-26	26-28	28-30	30-32	32-34
Chest to fit (cm)	56-61	61-66	66-71	71-76	76-81	81-86
Height	92-98	98-104	110-116	122-128	135-140	146-158
<b>International conversion</b>						
European	98	104	116	128	140	152
<b>Children's Hi-Vis Coat</b>						
Chest to fit (inch)		4-6	7-9	10-13		
Chest to fit (cm)		24-26	28-30	32-34		
		61-66	71-76	81-86		

## 71. Measurement Guide

### UNISEX SIZE CHARTS

If ordering Unisex Tops for Ladies  
(Polo Shirts, Sweatshirts, Fleece Jackets, T Shirts and Hi Viz Jackets)

Size	XS	S	M	L	XL	2XL	3XL	4XL
UK Dress Size	8 - 12	14	16	18	20	22	24	26
To Fit Bust (inches)	30 - 34	36	38	40	42	44	46	48
To Fit bust (cm)	76 - 86	92	97	102	107	112	117	122

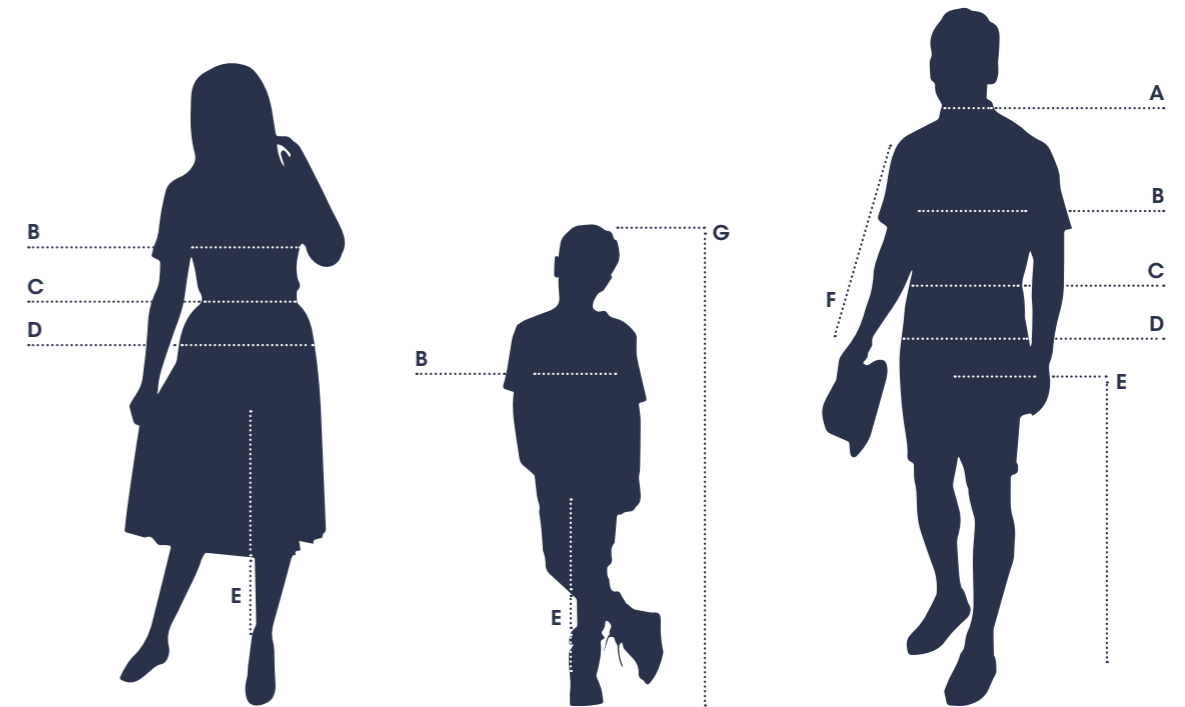
If ordering Unisex trousers for Ladies

Size	XS	S	M	L	XL	2XL	3XL	4XL
UK Dress Size	10 - 12	14	16	18	20	22	24	26
Waist Size (inches)	28	30	32	34	36	38	40	42
Waist Size (cm)	71	76	81	86	92	97	102	107
Regular Inside Leg (inches)	31	31	31	31	31	31	31	31
Long Inside Leg (inches)	33	33	33	33	33	33	33	33

### A SIZE GUIDE ON HOW TO MEASURE YOUR BODY

Please find below the guide-lines on accurate body measurements to determine the correct clothing sizes.  
All our garments are produced with sufficient allowance for comfortable movement.

For actual garment measurements, do refer to our specification sheet which you will find on the website.



### HOW TO MEASURE

- A Collar:** measure around the base of the neck
- B Male Chest:** place a measuring tape 2.5cm below underarm around the widest part of your chest  
**Female Bust:** place a measuring tape around your widest part of your chest
- C Waist line:** place a measuring tape at the natural waist of your body
- D Hip Line:** place a measuring tape at the widest part of your hips, it is approximately 20 - 22cm below your natural waist
- E Leg length:** place a measuring tape along your inner thigh and measure from crotch to the bottom of your heel
- F Sleeve length:** place a measuring tape along superior side of your arm. Measure from your shoulder bone down to top of your wrist
- G Child height:** standing straight with bare feet, measure from the top of the head down to floor