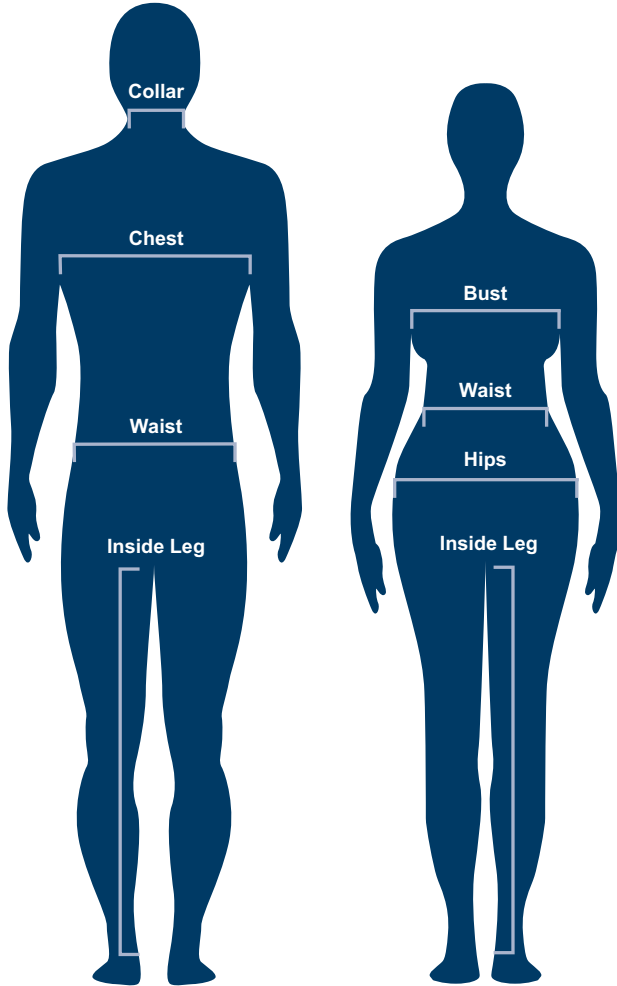
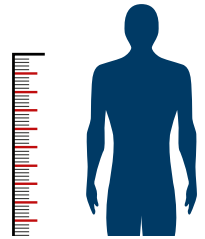


Ensuring the correct size is a key element to achieving both safety and comfort. We recommend that you use the sizing guidelines for each of the brands within our catalogue.

When taking measurements please do so over lightweight clothing.

These size charts should be used for guidance only as manufacturing tolerances may vary slightly.



# POINTS OF MEASURE

## Men

### Collar

Measure around the base of your neck, where a collar sits.

### Chest

For your chest size place tape measure loosely under the arms (over the shoulder blades) around the fullest part of the chest.

### Waist

Measure around the natural waist keeping the tape measure slightly loose.

### Inside Leg

Measure from the inside leg at the crotch to where the trouser hem sits on the shoe.

## Women

### Bust

Place the tape measure under your arms, over your shoulder blades and across the fullest part of your bust. Remember to breathe out first.

### Waist

Measure around the natural waist keeping the tape measure slightly loose.

### Hips

Measure around the fullest part of your bottom at the top of the leg, at about 20cm/8" below your natural waist.

All clothing sizes are shown in inches, with the exception of Roots.

## MEN'S CLOTHING

		M	L	XL	2XL	3XL				
	Chest	39.5	41	44	45.5	49				
		C46	C48	C50	C52	C54	C56	C58	C60	C62
	Waist	34	35.5	37	38.5	41	43.5	45.5	48	50.5

		S	M	L	XL	2XL	3XL
	Chest	38	40	42	45	48	52
	Waist	32	34	36	38	40	42

		XS	S	M	L	XL	2XL	3XL	4XL
	Chest	30-32	34-36	38-40	41-43	44-46	48-50	52-54	56-58
	Waist		25-29	29-31	31-35	35-39	39-43	43-47	47-50

		XS	S	M	L	XL	2XL	3XL	4XL
	Chest	31-34	34-37	37-40	40-43	43-46	46-50	50-55	55-59
	Waist	28-30	30-33	33-36	36-39	39-42	42-44	44-47	47-49

		S	M	L	XL	XXL	3XL
	Chest	34-37	37-40	40-43	43-47	47-50	50-53
	Waist	28-31	31-34	34-37	37-40	40-43	43-46

		S	M	L	XL	2XL	3XL	4XL
	Chest	34-37	37-40	40-43	43-47	47-51	51-56	56-60
	Waist	29-32	32-35	35-38	38-42	42-46	46-51	51-56

		XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest	36	38	40	42	44	47	50	53	56
	Waist	28-30	32	33-34	36	38-40	42-44	46-48	50-52	54-56

		XS	S	M	L	XL	2XL	3XL		
	Chest	35	36	38-39	41-43	44-46	47-49	50-52		
	Waist	30	31	33-34	36-38	39-41	42-44	45-47		
		C46	C48	C50	C52	C54	C56	C58	C60	C62
	Waist	31	33	34	36	38	39	41	42	44
	Inside Leg	32	32	32	33	33	34	34	34	35

		S	M	L	XL	2XL	3XL	4XL
	Chest (cm)	86-94	94-102	102-110	110-118	118-129	129-141	141-153

### MEN'S CLOTHING

	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Collar			14-15	15-16	16-17	17-18	18-19	19-20	20	21	22	23
Chest	28-30	32-34	35-39	40-41	42-43	44-45	46-49	50-52	54-56	58-60	62-64	66-68

	XS	S	M	L	XL	2XL	3XL	4XL
Chest	42-44	45-46	47-48	49-51	52-54	55-57	58-60	61-63
Waist	39-41	42-44	45-46	47-48	49-51	52-54	55-57	58-60

ALPHA SOLWAY

	XS	S	M	L	XL	XXL	3XL	4XL	5XL			
Chest	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58			
Waist	30	32	34	35	36	38	40	42	44	46	48	50 52

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68	70-72
Waist	26-30	32-34	36	38	40-42	44-46	48-50	52	54	56

Pro-Care  
BODYSKIN  
WORKWEAR

### MEN'S COVERALLS

	XS	S	M	L	XL	2XL	3XL	4XL
Height	5'3"-5'5"	5'3"-5'5"	5'5"-5'7"	5'7"-5'9"	5'9"-6'1"	5'9"-6'1"	5'9"-6'1"	5'9"-6'1"
Chest	42-44	45-46	47-48	49-51	52-54	55-57	58-60	61-63
Waist	42-44	45-46	47-48	49-51	52-54	55-57	58-60	61-63

	S	M	L	XL	2XL	3XL
Height	5'6"-5'8"	5'7"-5'9"	5'9"-6'1"	6'0"-6'2"	6'1"-6'3"	6'2"-6'4"
Chest	34	36	38	40	41	42
Waist	30	32	33	34	36	38

	XS	S	M	L	XL	2XL	3XL	4XL
Height	Regular 32" & Tall 34"							
Chest	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
Waist	30-32	32-34	34-36	38-40	42-44	46-48	50-52	54-56

ALPHA SOLWAY  
SIOEN  
endurance

	XS	S	M	L	XL	2XL	3XL	4XL
Height	5'6"-5'9"	5'6"-5'9"	5'7"-5'9"	5'8"-6'1"	5'9"-6'2"	6'1"-6'3"	6'1"-6'3"	6'1"-6'4"
Chest	31-34	34-37	37-40	40-43	43-46	46-50	50-55	55-59
Waist	28-30	30-33	33-36	36-39	39-42	42-44	44-47	47-49

UK size	34	36	38	40	42	44	46	48
Height (ft)	5'4"-5'6"	5'4"-5'6"	5'4"-5'6"	5'6"-5'9"	5'6"-5'9"	5'6"-5'9"	5'9"-6'2"	5'9"-6'2"
Chest (cm)	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118
Waist (cm)	70-74	74-78	78-82	82-86	86-90	90-94	94-98	98-102
UK size	50	52	54	56	58	60	62	
Height (ft)	5'9"-6'2"	6'2"-6'4"	6'2"-6'4"	6'2"-6'4"	6'4"-6'7"	6'4"-6'7"	6'4"-6'7"	
Chest (cm)	118-123	123-129	129-135	135-141	141-147	147-153	153-159	
Waist (cm)	102-106	106-111	111-117	117-123	123-129	129-135	135-141	

PULSAR  
DISPOSABLE  
COVERALLS

	38	40	42	43	44	46	48	50	52	54	56	58	60
Height	Short 29.5", Regular 31.5", Tall 33.5"												
Chest	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60

Pro-Care

### UNISEX

	XS	S	M	L	XL	2XL	3XL	4XL
Chest		34-36	38-40	41-43	44-46	48-50		
Waist	30	32	34	36	38	40	42	46
Regular	31	31	31	31	31	31		
Tall	33	33	33	33	33	33		

PROTECTIVE  
EVOLUTION

	S	M	L	XL	2XL	3XL
Height	5'3"-5'5"	5'5"-5'7"	5'7"-5'9"	5'9"-6'1"	6'1"-6'3"	6'3"-6'6"
Chest	33-36	36-39	39-42	42-45	45-48	48-51

DISPOSABLE  
COVERALLS

### WOMEN'S CLOTHING

	6/XXS	8/XS	10/S	12/M	14/L	16/XL	18/2XL	20/3XL	22/4XL	24/5XL	26/6XL	28/7XL
Bust	28	30	32	34	36	38	40	42	44	46	48	50
Waist	21	23	25	27	29	31	33					

	8	10	12	14	16	18	20	22
Bust	32	34	36	38	40	42	44	46
Waist	24	26	28	30	32	34	36	38

	XS	S	M	L	XL	2XL	3XL
Chest	33	35	36	40	43	46	50-52
Waist	27	29	30	33	36	39	45-47

	8	10	12	14	16	18	20	22
Chest	32	35	35	38	38	41	41	56
Waist	26	30	32	35	38	41	44	48

	8	10	12	14	16	18	20	22	24
Chest	34"-36"	36"-38"	38"-40"	40"-42"	42"-44"	44"-46"	46"-48"	48"-50"	50"-52"
Waist	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5
Hips	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3

endurance  
PROTECTIVE  
EVOLUTION  
H/H  
PRO-CARE

	8-10	10-12	12-14	14-16	16-18	18-20	20-22	22-24	24-26
Height	5'1"-5'4"	5'2"-5'5"	5'4"-5'6"	5'4"-5'6"	5'5"-5'7"	5'5"-5'7"	5'6"-5'9"	5'7"-6"	5'7"-6"
Chest (cm)	95	100	105	110	115	120	125	130	135
Waist Stretched	85	90	95	100	105	110	115	120	125

	S	M	L	XL	2XL	3XL	4XL	5XL
Height	10	12	14	16	18	20	22	24
Chest	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
Waist	30-32	32-34	34-36	36-38	38-40	40-42		

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	30	32	34.5	37.5	41	44	47	50.5	53.5
Waist	6	8	10	12	14	16	18	20	22
Waist	29	30.5	32	34	35.5	37	38.5	41	43.5
Waist	29	30.5	32	34	35.5	37	38.5	41	43.5
Waist	29	30.5	32	34	35.5	37	38.5	41	43.5

Modesty Clothing	8	10-12	14-16		
Chest	27-30	30-36	36-41		
Maternity Clothing	S	M	L	XL	2XL
UK Size	10	12	14	16	18
Chest	30-33	33-35	35-38	38-41	41-43
Trousers	XS	S/M	L/XL	2XL/3XL	
UK Size	8	10-12	14-16	18-20	
Waist	24-27	27-32	32-39	39-45	

PRO-CARE  
BODYSKIN  
WORKWEAR  
PRO-CARE  
WORKWEAR

### WOMEN'S COVERALLS

	8	10	12	14	16	18	20	22	24
Height	Short 27.6", Regular 29.5", Tall 31.5"								
Chest	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52

Pro-Care

	8-10	10-12	12-14	14-16	16-18
Chest	82-90	86-94	90-98	94-106	98-110
Waist	62-70	66-74	70-78	74-86	78-90
	18-20	20-22	22-24	24-26	
Chest	106-114	110-118	114-123	118-129	
Waist	86-94	90-98	94-106	98-111	

PRO-CARE