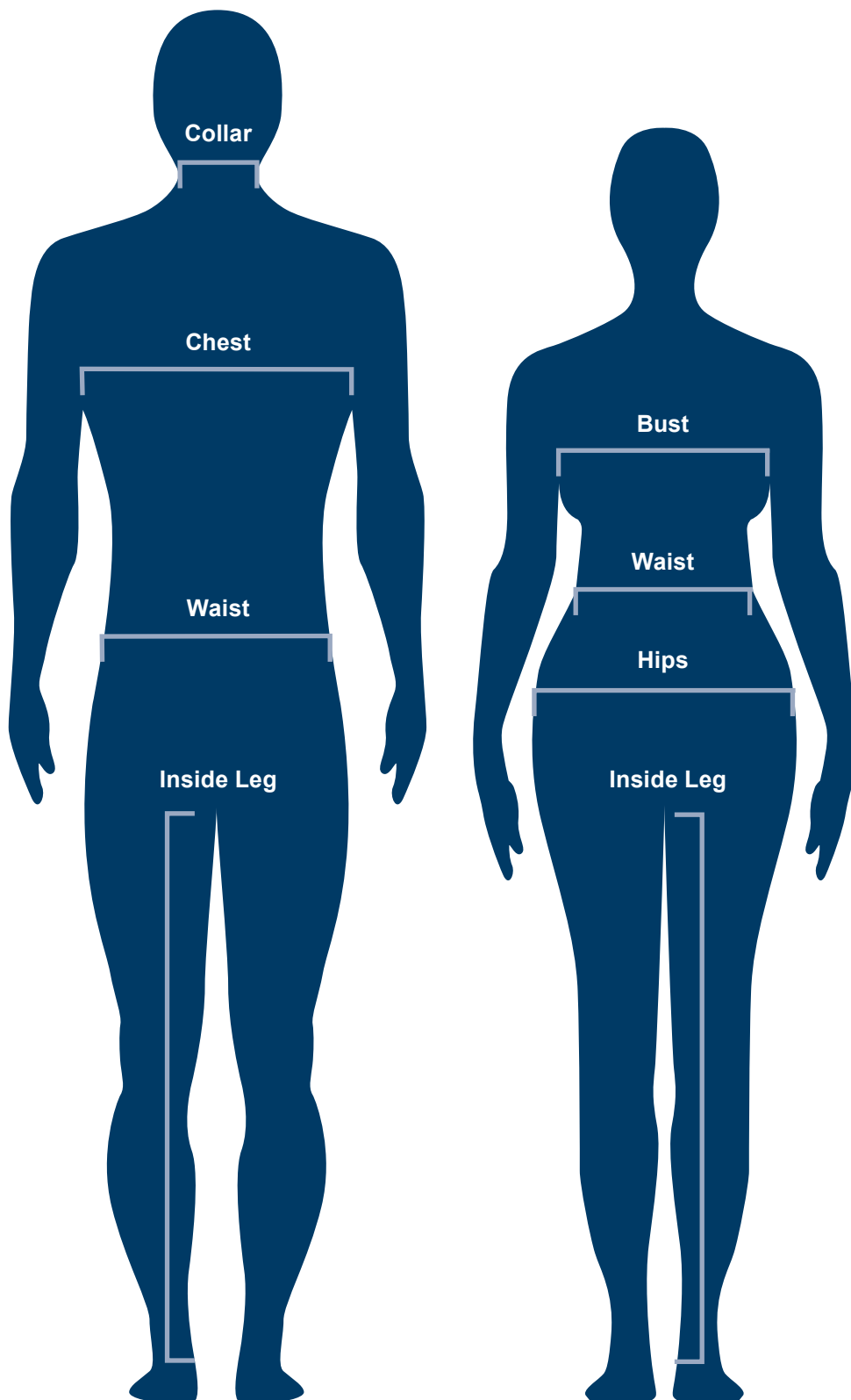
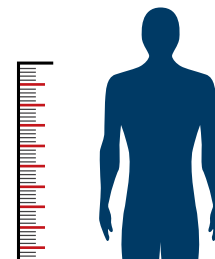


SIZE CHARTS

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.

Ladies

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.

SIZE CHARTS

MEN'S CLOTHING

SPINNS Durable Durable	Trousers	S	M	L	XL	2XL	3XL	4XL
	Waist	28	30	32	34	36	38	40
	Leg inches	Extra Short	Short	Regular	Long	Extra Long		
	Tops/Jackets							
	Chest	38/40	42/44	44/46	46/48	48/50		

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

KEPSAFE		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

pulsar®		S	M	L	XL	2XL	3XL	4XL
	Chest	31-34	34-37	37-40	40-43	43-46	46-50	50-55
	Waist	30-32	32-34	34-37	37-40	40-44	44-48	48-51

SIÖEN		S	M	L	XL	2XL	3XL
	Chest	33-37	37-40	40-43	43-46.5	46.5-51	51-55.5
	Waist	30-32	32-35	35-38.5	38.5-42	42-46	46-50

REGATTA PROFESSIONAL		XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest	35-36	37-38	39-40	41-42	43-44	46-48	49-51	52-54	55-57
	Waist	26	28-30	32	33-34	36	38-40	42	44-46	48-50

H/H workwear		XS	S	M	L	XL	2XL	3XL		
	Chest	34.5	36	37.5-39	41-42.5	44-45.5	47-48.5	50		
	Waist	30	31	33-34	36-38	39-41	42-44	45		
		C46	C48	C50	C52	C54	C56	C58	C60	C62
	Waist	31	33	34	36	38	39	41	42	44
	Inside Leg	31.5	32	32	32.5	33	33.5	34	34	34.5

DIODETEK		S	M	L	XL	2XL	3XL	4XL
	Waist	30-32	34-36	38-40	42-44	46-48	50-52	54-56

KUSTOM KIT		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

UNISEX

3M		S	M	L	XL	2XL	3XL	4XL
	Height	64-67	66-69	69-71	70-74	73-76	76-78	78-81
	Chest	33-36	36-39	39-43	43-45	45-49	49-52	52-55

DISPOSABLE COVERALLS		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

TUFF REVOLUTION		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
	Approx. Ladies Sizing			8-10	12-14	16-18	20	22		
	Regular		31"	31"	31"	31"	31"	31"		
	Tall		33"	33"	33"	33"	33"	33"		

All clothing sizes are shown in inches.

MEN'S COVERALLS

pulsar®		S	M	L	XL	2XL	3XL	4XL
	Height	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	37-39	40-42	43-45	46-48	49-51	52-55	53-56
	Waist	35-39	38-42	41-45	44-48	47-51	50-54	53-57



BROOKS		XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
	Leg Length	Regular 31" & Tall 33"									
	Chest	38	40	42	44	46	48	50	52	54	56
	Waist	32	33	35	36	38	40	41	43	44	46



DIODETEK		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	34-36	38-40	42-44	46-48	50-52	54-56



SIÖEN		S	M	L	XL	2XL	3XL
	Height	5'3"-5'6"	5'6"-6'0"	5'6"-6'0"	6'0"-6'2"	6'0"-6'2"	6'2"-6'4"
	Chest	34-37	37-40	40-43	43-46	46-50	50-55
	Waist	30-32	32-35	35-38	38-41	41-46	46-50



endurance		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	34-36	38-40	42-44	46-48	50-52	54-56

LADIES' CLOTHING

KUSTOM KIT		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					

REGATTA PROFESSIONAL		6	8	10	12	14	16	18	20	22	24
	Bust	30	32	34	36	38	40	43	45	48	50
	Waist	23	25	27	29	31	33	36	38	41	43



H/H workwear		XS	S	M	L	XL	2XL
	Chest	33	34.5	36	39.5	42.5	45.5
	Waist	27	28.5	30	33	36	39



KEPSAFE		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



KEPSAFE pro		XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
		8	10	12	14	16	18	20	22	24	26
	Chest	30	33	35	38	41	44	46	49	52	55

GLOVES

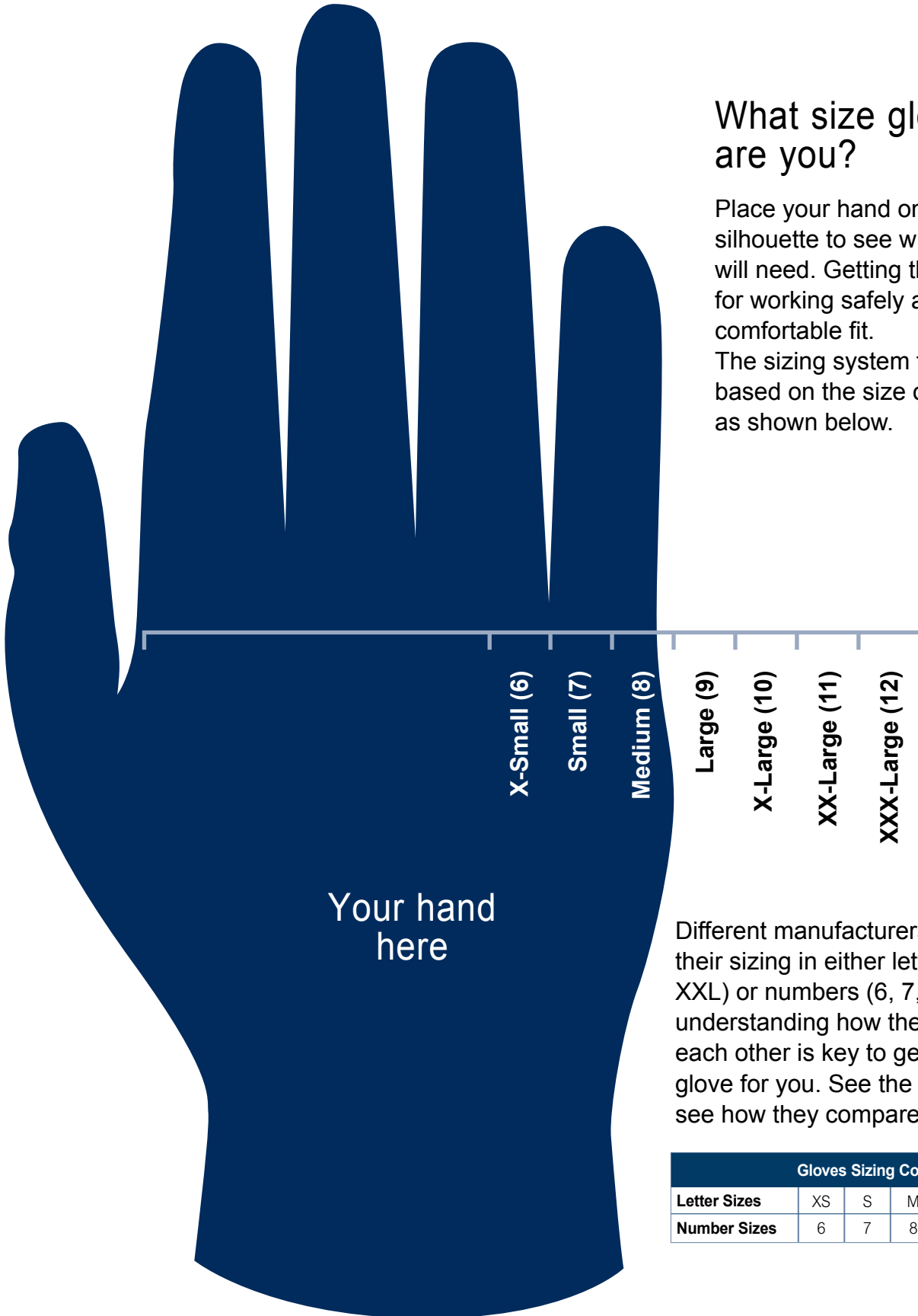
Letter Sizes	XS	S	M	L	XL	XXL	XXXL
Number Sizes	6	7	8	9	10	11	12

FOOTWEAR

UK Size	3	4	5	6	7	8	9	10	11	12
European Size	36	37	38	39	41	42	43	44	46	47

Glove Sizing

If gloves are uncomfortable, they won't get worn. Ensure you have the right glove fit by using our handy size guide below.



What size glove are you?

Place your hand on top of the silhouette to see what size glove you will need. Getting the right size is key for working safely and needs to be a comfortable fit.

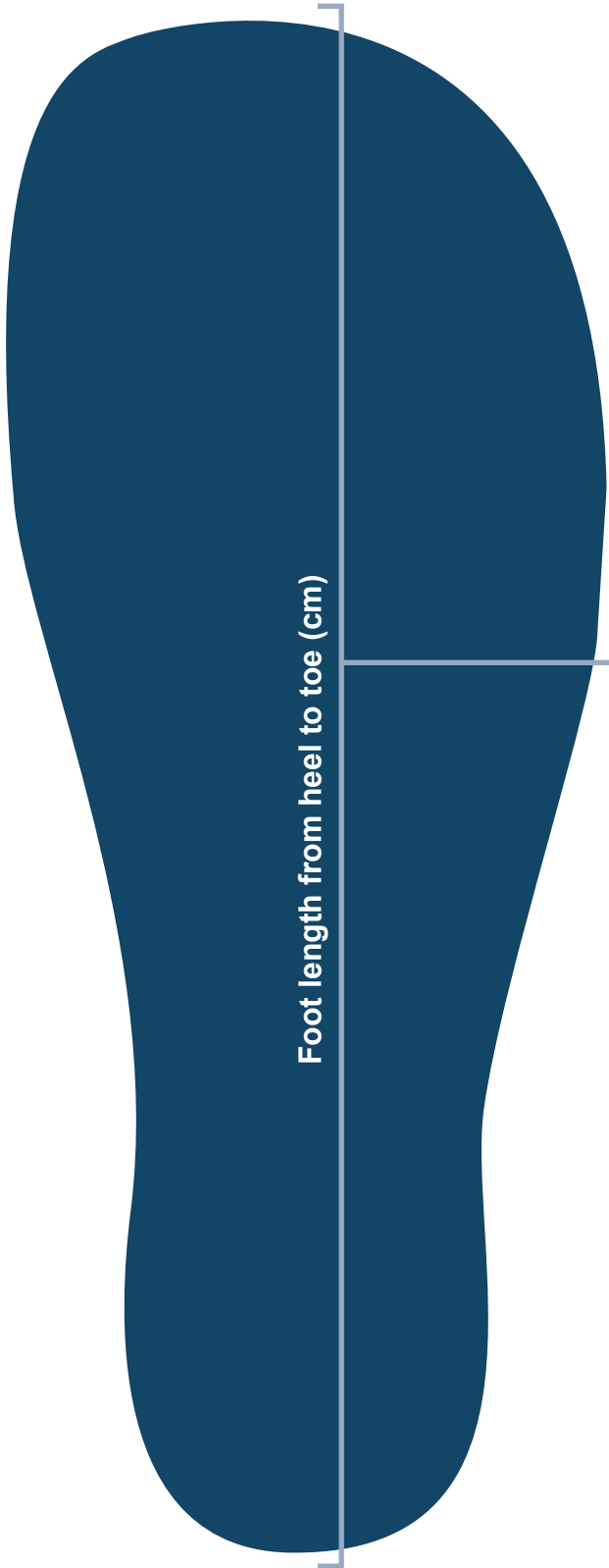
The sizing system for gloves works based on the size of your palm span as shown below.

Different manufacturers communicate their sizing in either letters (L, XL, XXL) or numbers (6, 7, 8, 9) so understanding how these sizes relate to each other is key to getting the correct glove for you. See the table below to see how they compare.

Gloves Sizing Comparisons							
Letter Sizes	XS	S	M	L	XL	XXL	XXXL
Number Sizes	6	7	8	9	10	11	12

Footwear Sizing

Choosing the correct safety footwear is really important. You might be on your feet all day, so comfort and size are important aspects in choosing your footwear.



What size shoe are you?

Getting the right size shoe to fit you is key for working safely and efficiently. Footwear fitting is a personal preference as individuals may prefer to have a tighter or looser fitting shoe. This size guide will help you find the perfect fitting shoe for you.



Measure from the back of your heel to the top of your longest toe (cm)

If you are used to looking at shoe sizes in european measurements see the table below to see how they compare to the UK shoe sizes to make sure you get the right fit.

Foot size (cm)					25.6	26.5	27.4	28.1	29	29.7	30.7	31.5
UK Men's					6	7	8	9	10	11	12	13
Foot size (cm)	22	22.8	23.7	24.5	25.4	26.2	27	27.9				
UK Ladies'	2	3	4	5	6	7	8	9				
European	35	36	37	38	39	41	42	43	44	46	47	48

Ordering

Once you have measured your foot, simply choose the product that suits your requirements. To order phone your local branch or order online at www.greenham.com today.