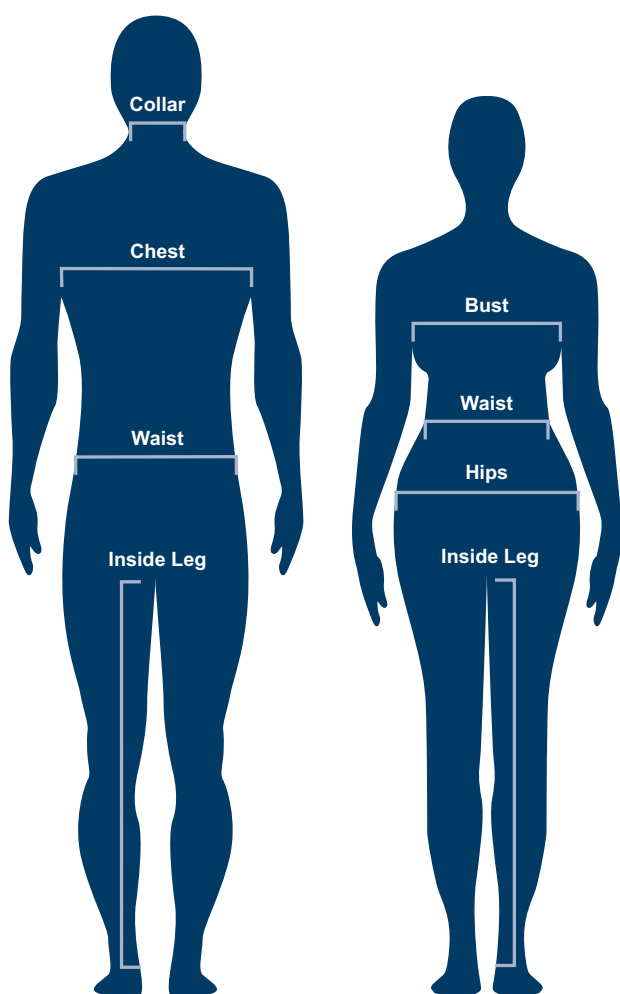
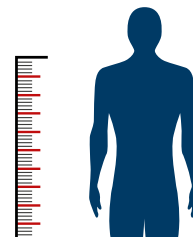


Ensuring the correct size is a key element to achieving both safety and comfort. We recommend that you use the sizing guidelines for each of the brands within our catalogue.

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

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

	XS	S	M	L	XL	2XL	3XL	4XL
ROOTS 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
PULSAR 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
LEO 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

	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
ROOTS 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
ALPHA 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

	M	L	XL	2XL	3XL				
MASCOT 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	4XL
SIEN 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
ROOTS 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		
HH 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
ROOTS Chest (cm)	86-94	94-102	102-110	110-118	118-129	129-141	141-153

	XS	S	M	L	XL	XXL	3XL	4XL	5XL		
PRO-GUARD 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

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
BODYGUARD 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

MEN'S COVERALLS

	XS	S	M	L	XL	2XL	3XL	4XL
ALPHA 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
SIEN 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	44 46	48 50	52
Waist	30 32	33 34	36 38	40 42	44 46	48

	XS	S	M	L	XL	2XL	3XL	4XL
endurance 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

	38	40	42	43	44	46	48	50	52	54	56	58	60
PRO-GUARD 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

	XS	S	M	L	XL	2XL	3XL	4XL
PULSAR 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

ROOTS 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	

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

WOMEN'S CLOTHING

endurance	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

HH	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

PROGRAM	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

ROOTS	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

BODYGUARD WORKWEAR	S	M	L	XL	2XL	3XL	4XL	5XL
	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		

MASCOT		XS	S	M	L	XL	2XL	3XL	4XL	5XL	
Chest		30	32	34.5	37.5	41	44	47	50.5	53.5	
	6	8	10	12	14	16	18	20	22	24	26
Waist	29	30.5	32	34	35.5	37	38.5	41	43.5	45.5	48

WORKWEAR	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		

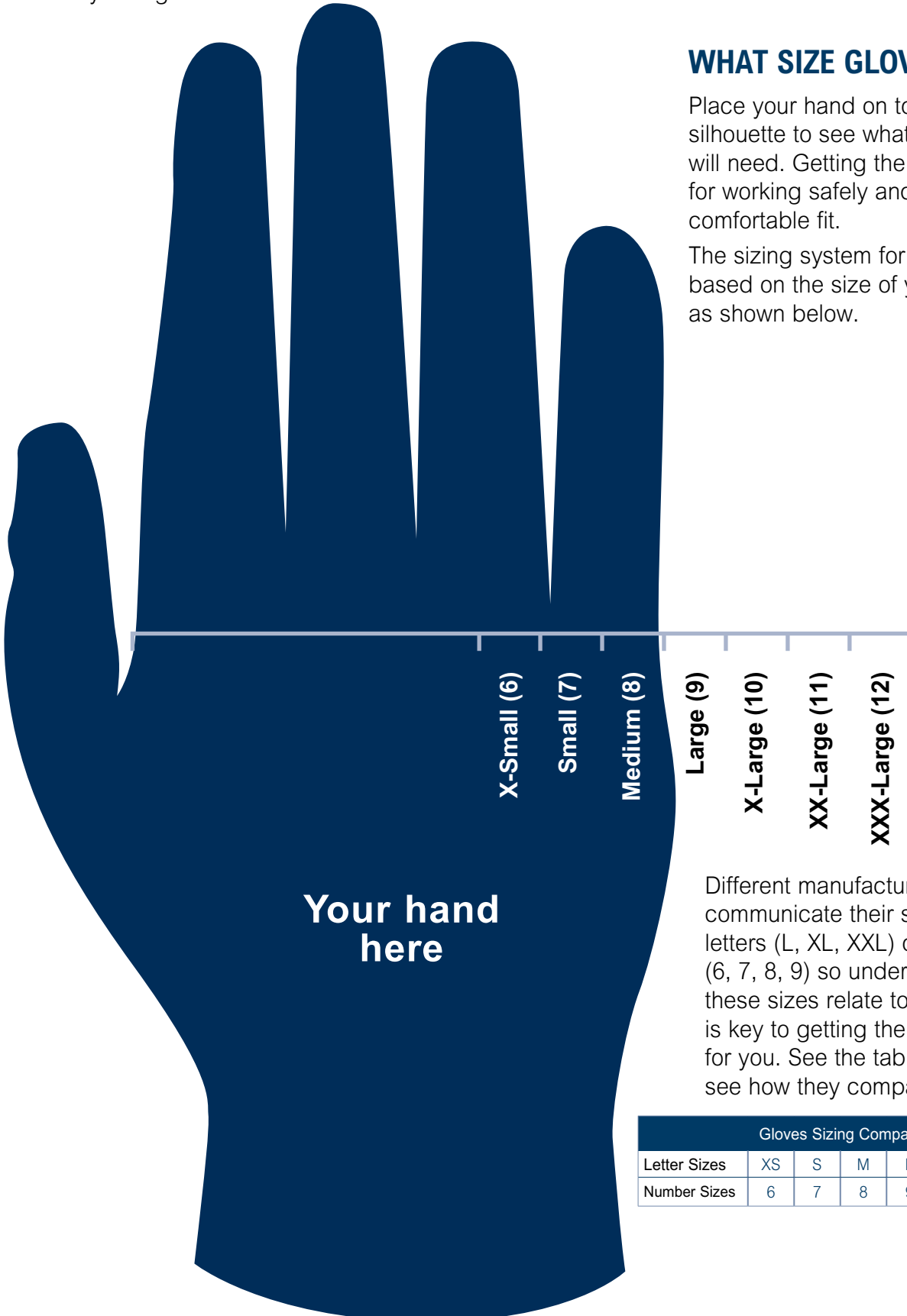
WOMEN'S COVERALLS

PROGRAM	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

ROOTS	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	

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.

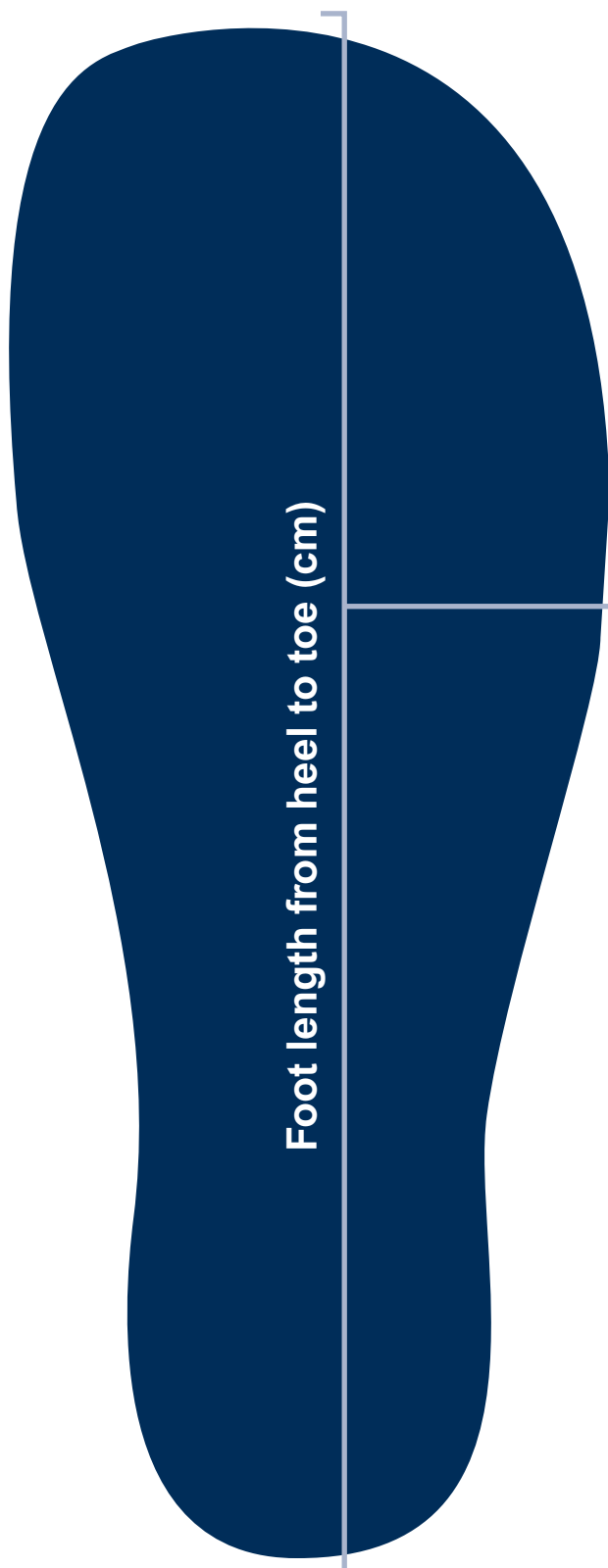
The sizing system for gloves works based on the size of your palm span as shown below.

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.

Footwear Sizing Comparison												
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 Service Centre or order online at greenham.com today.