

FOOTWEAR SIZE GUIDE

FIT TIPS

Not all brands of footwear fit the same. The standard size guide below is a good indicator of what size you should wear, but there may be slight variations in sizing between different brands. Most foot problems can be prevented by wearing properly fitting footwear. Don't assume that your footwear size remains the same. The shape of your feet changes as you get older. Have both feet measured regularly as most people have one foot larger than the other. Fit to the largest foot.

Always try footwear with your regular work socks. Make sure that they are laced properly. The ends of your toes should not touch the front part of the footwear. To double-check the fit, untie the laces and slide your forefinger down the back of the footwear directly behind the heel - your toes should touch the front toe part of the footwear.

FOOTWEAR												
UK	3	4	5	6	6.5	7	8	9	10	10.5	11	12
US	4	5	6	7	7.5	8	9	10	11	11.5	12	13
EURO	36	37	38	39	40	41	42	43	44	45	46	47

MEN'S TOPS/JACKETS SIZE GUIDE

MEASUREMENT TIPS

The fit of workwear depends on the cut, fabric and styling of the garment. If you're not sure, follow our top tips on how to measure yourself, then refer back to the detailed workwear size guide shown below so you know which size you should buy.

CHEST

Measure around the fullest part of the chest. Place the measuring tape high up under your arms and make sure it's at the same height at the back across your shoulder blades.

MENS TOPS/JACKETS							
Chest Size	XS	S	M	L	XL	XXL	XXXL
Chest (inches)	33-35	36-38	39-41	42-44	45-48	49-52	43-56
Chest (cm)	84-86	91-96	99-104	107-112	114-122	124-135	137-147
EURO	46	48	50	52	54	56	58

MEN'S TROUSERS SIZE GUIDE

WAIST

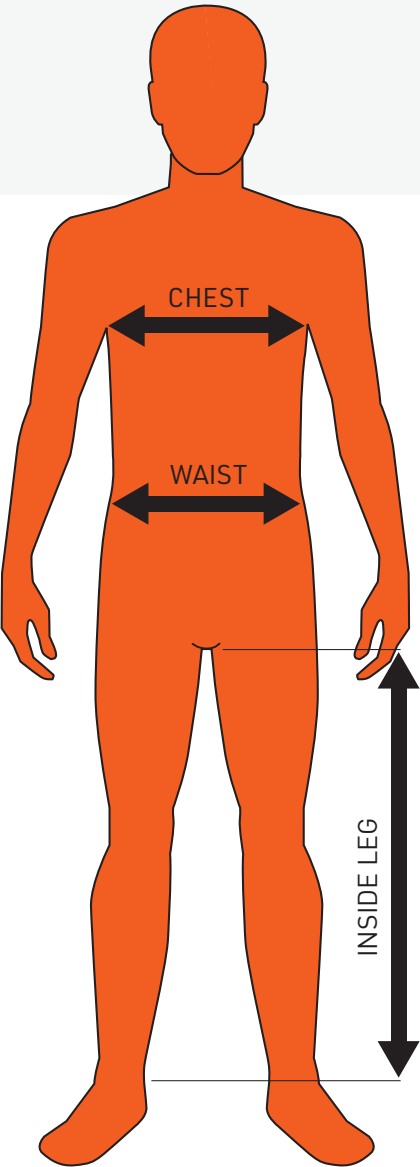
Measure around your natural waist line, on top of your usual underwear.

INSIDE LEG

Measure from the top of the inside leg at the crotch to the hem.

TROUSERS:								
UK	28	30	32	33	34	36	38	40
Waist (inches)	28	30	32	33	34	36	38	40
Waist (cm)	72	77	82	85	87	92	97	102
FR	36	38	40	42	44	46	48	50
ES	36	38	40	42	44	46	48	50
PL	36	38	40	42	44	46	48	50
DE	21	22	23		24	25	26	27
IT	42	44	46	48	50	52	54	56
NL	42	44	46	48	50	52	54	56

LEG LENGTHS:			
	S	R	L
Inside leg (inches)	30	32	34
Inside leg (cm)	76	81	88



WOMEN'S TOPS/JACKETS SIZE GUIDE

T-SHIRTS AND SWEATSHIRTS/HOODIES

Relaxed fit jersey garment, that loosely skims the body, but is not too baggy or oversized. These garments finish around the hip area on the body.

JACKETS AND BODY WARMERS

Relaxed fit woven garment, that skims the body and allows for light layering. These garments finish around the low hip/under bum area.

CHEST

Measure directly under the arms, at the fullest part, all the way around.

TOPS/JACKETS:								
	XXS	XS	S	M	L	XL	XXL	XXXL
UK	6	8	10	12	14	16	18	20
DE / NL	32	34	36	38	40	42	44	46
FR / ES / PL	34	36	38	40	42	44	46	48
IT	38	40	42	44	46	48	50	52
Bust (inches)	30-31	31-32	33-35	36-38	39-41	42-44	45-48	49-52
Bust (cm)	77-78	78-81	84-89	91-94	99-102	107-112	117-119	120-122

WOMEN'S TROUSERS SIZE GUIDE

Semi-tailored woven and stretch-woven garment, that sits midrise (just below the navel) and skims the leg with a slightly tapered fit, and finishes full length. They should fit comfortably around the stomach, with about 2 fingers of ease.

WAIST

Measure all the way around the natural waistline - usually the narrowest point.

INSIDE LEG

Measure from the crotch down to the ball on the inside of the ankle.

TROUSERS:								
	XXS	XS	S	M	L	XL	XXL	XXXL
UK	6	8	10	12	14	16	18	20
DE / NL	32	34	36	38	40	42	44	46
FR / ES / PL	34	36	38	40	42	44	46	48
IT	38	40	42	44	46	48	50	52
Waist (inches)	23-25.5	25.5-27	27-29	29-31	31-33	33-35	35-37	37-39.5
Waist (cm)	62-64	65-68	69-73	73-78	78-83	83-88	88-94	94-100

LEG LENGTHS:			
	S	R	L
Inside leg (inches)	28	30	32
Inside leg (cm)	71	76	81

