



Measuring yourself

Chest – Measure below the armpits, around the widest part of the chest

Waist – Measure just below the navel, above the hips

Leg – Measure from the crotch to the ankle, where your trouser is normally worn on the shoe

Height – For children, measure the child’s height, head-to-toe to determine which age group they sit within and then buy the clothes size accordingly

measure close to the body with a traditional yellow tailor measuring tape. The tape should be neat around your body but not tight. Always order one size larger if you are unsure or if your measurements fall between two sizes.

Waterproof Workwear

Size	XS	S	M	L	XL	XXL	3XL
Chest "	32 -34	36 - 38	40 - 41	42 - 44	46 - 48	50 - 52	54 - 55
Chest cm	80 - 88	92 - 96	100 - 104	108 - 112	116 - 124	128 - 132	136 - 140
Waist "	28 -30	31 - 33	34 - 36	37 - 39	40 - 42	43 - 45	46 - 48
Waist cm	70 - 77	78 - 84	85 - 91	92 - 99	100 - 107	108 - 114	115 - 121
Inside Leg "	30 - 31	30- 31	30 - 31	30 - 31	30 - 31	30 - 31	30 - 31
Inside Leg CM	76 - 80	76 - 80	76 - 80	76 - 80	76 - 80	76 - 80	76 - 80