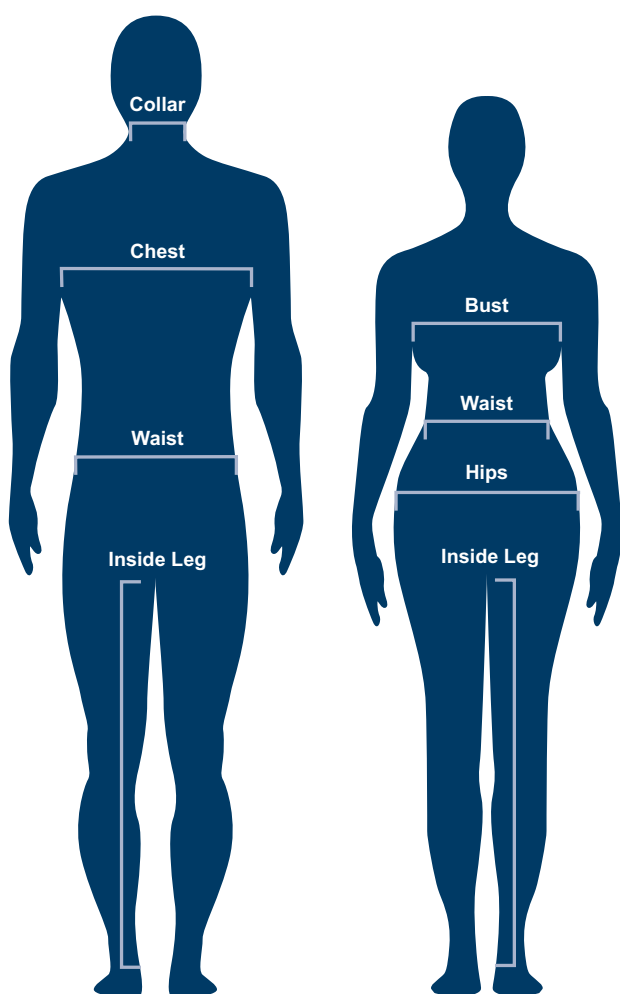
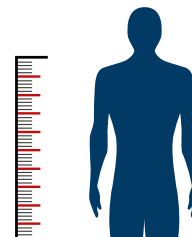


Ensuring the correct size is a key element to achieving both safety and comfort. We recommend that you use the sizing guidelines for each of the brands within our catalogue.

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.



MEN'S CLOTHING

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-36	36-39	39-42	42-45	45-48	48-52	53-57	58-62	62-66	67-71
Waist		25-29	29-31	31-35	35-39	39-43	43-47	47-50		

KeepSAFE garments are designed to fit the listed body measurements. Some garments may vary from these measurements but this table can still be used as a guide.

/// PULSAR

PROTECT & Evolution Storm Coats, Jackets & Polo Shirts

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Chest	31-34	34-37	37-40	40-43	43-46	46-50	50-55	55-59	59-63	63-66	66-70

LIFE Shell, Softshell, Parka & Puffer

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-37	38-40	40-42	42-44	44-46	46-48	48-50	50-53	53-56

PROTECT & LIFE Combat Trousers

	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Short	29	29	29	29	29	29	29	29	29	29	29	29	29	29
Reg	31	31	31	31	31	31	31	31	31	31	31	31	31	31
Tall	33	33	33	33	33	33	33	33	33	33	33	33	33	33

FR - AST - ARC Combat Trousers

	28	30	32	34	36	38	40	42	44	46	48	50
Short	29	29	29	29	29	29	29	29	29			
Reg	31	31	31	31	31	31	31	31	31	31	31	31
Tall	33	33	33	33	33	33	33	33	33			

FR - AST - ARC Storm Coat, Sweatshirt & Polo Shirt

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-37	37-40	40-43	43-46	46-50	50-55	55-59	59-63	63-66

LIFE Overtrousers

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Waist	30-33	33-35	35-37	37-39	40-41	41-43	43-47	47-51	51-53

Base Layers

	S	M	L	XL	2XL	3XL
Chest	35-37	37-39	39-41	41-43	43-46	46-49
Waist	29-32	32-35	35-38	38-41	41-44	44-47

MEN'S COVERALLS

/// PULSAR

PROTECT & Evolution Waterproof & Combat Coverall, Salopette & Over Trousers

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

FR - AST - ARC Coverall & Salopette

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-37	37-40	40-43	43-46	46-50	50-55	55-59	59-63	63-66
Waist	30-33	33-36	36-39	39-42	42-44	44-47	47-49	49-52	52-55

PROGRAMM		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

Tyvek		S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL
Height (cm)		162-170	168-176	174-182	180-188	186-194	192-200	200-208	208-216	208-216	208-216
Chest (cm)		84-92	92-100	100-108	108-116	116-124	124-132	132-140	140-148	148-156	156-162



Men's Garments

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	30-34	34-37	37-40	40-43	43-46	46-50	50-53	53-56	56-59	59-62
Waist		28-31	31-34	34-37	37-40	40-43	43-46	46-49	46-52	52-55

Men's Cargo Trousers

	28	30	32	34	36	38	40	42	44	46
Waist	28-30	30-31	31-33	33-35	35-37	37-39	39-41	41-43	43-45	45-47
	48	50	52	54	56	58	60			
Waist	47-49	49-51	51-53	53-55	55-57	57-59	59-61			

	Short	Regular	Tall
Length	29	31	33



	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
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



	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	



	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



	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					
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
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

WOMEN'S CLOTHING



	8	10	12	14	16	18	20	22
Chest	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50

KeepSAFE garments are designed to fit the listed body measurements. Some garments may vary from these measurements but this table can still be used as a guide.



	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
UK Size	6	8	10	12	14	16	18	20	22	24	26
Chest	24-27	27-30	30-33	33-35	35-38	38-41	41-44	44-47	47-49	49-52	52-55
Waist	22-24	24-27	27-29	29-32	32-35	35-38	38-42	42-45	45-48	48-51	51-54
Hips	27-29	29-31	31-34	34-37	37-40	40-43	43-46	46-50	50-53	53-56	56-60
Inside Leg - Short	26	26	26	26	26	26	26	26	26	26	26
Inside Leg - Reg	29	29	29	29	29	29	29	29	29	29	29
Inside Leg - Tall	32	32	32	32	32	32	32	32	32	32	32



		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



	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	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"
	8	10	12	14	16	18	20	22	24
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

/// PULSAR

PROTECT Storm Coats, Soft Shells, Polo Shirts & Life Polo Shirts

	8	10	12	14	16	18	20	22	24	26
Chest	29-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-52

LIFE Shell, Softshell, Parka and Puffer

	8	10	12	14	16	18	20	22	24	26
Chest	29-32	32-34	34-36	36-38	38-41	41-43	43-45	45-48	48-50	50-52

PROTECT Combat Trousers

	8	10	12	14	16	18	20	22	24	26
Waist	26	28	30	32	34	36	38	40	43 ¼	46 ½
Short	29	29	29	29	29	29	29	29	29	29
Reg	31	31	31	31	31	31	31	31	31	31
Tall	33	33	33	33	33	33	33	33	33	33

LIFE Combat Trousers

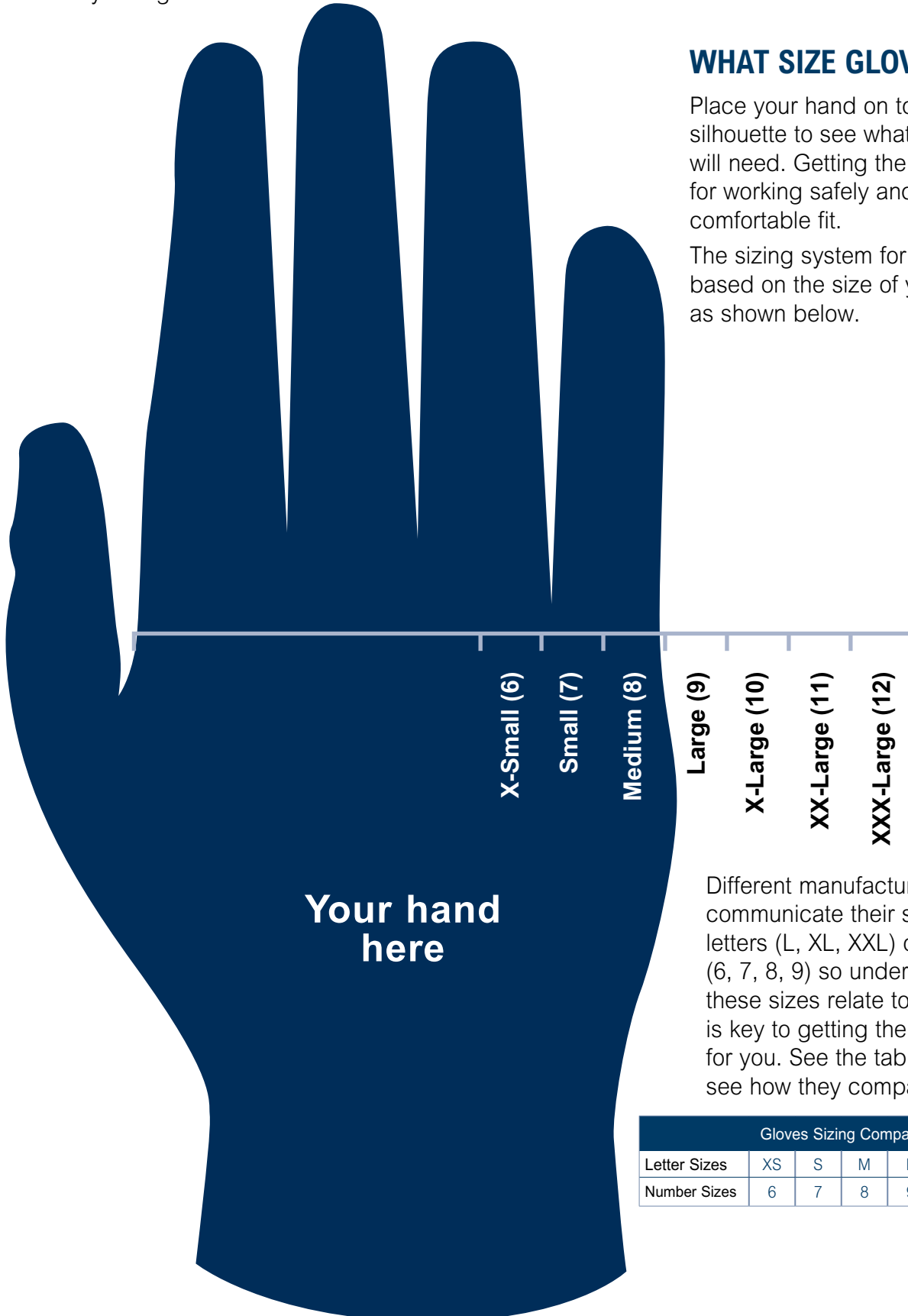
	8	10	12	14	16	18	20	22	24	26
Waist	27	29	31	33	35	37	39	41	44 ¼	47 ½
Short	29	29	29	29	29	29	29	29	29	29
Reg	31	31	31	31	31	31	31	31	31	31
Tall	33	33	33	33	33	33	33	33	33	33

Base Layers

	8	10	12	14	16	
Chest	29-31	31-33	33-35	35-38	38-41	41-43
Waist	25-27	27-29	29-32	32-35	35-38	38-47

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.

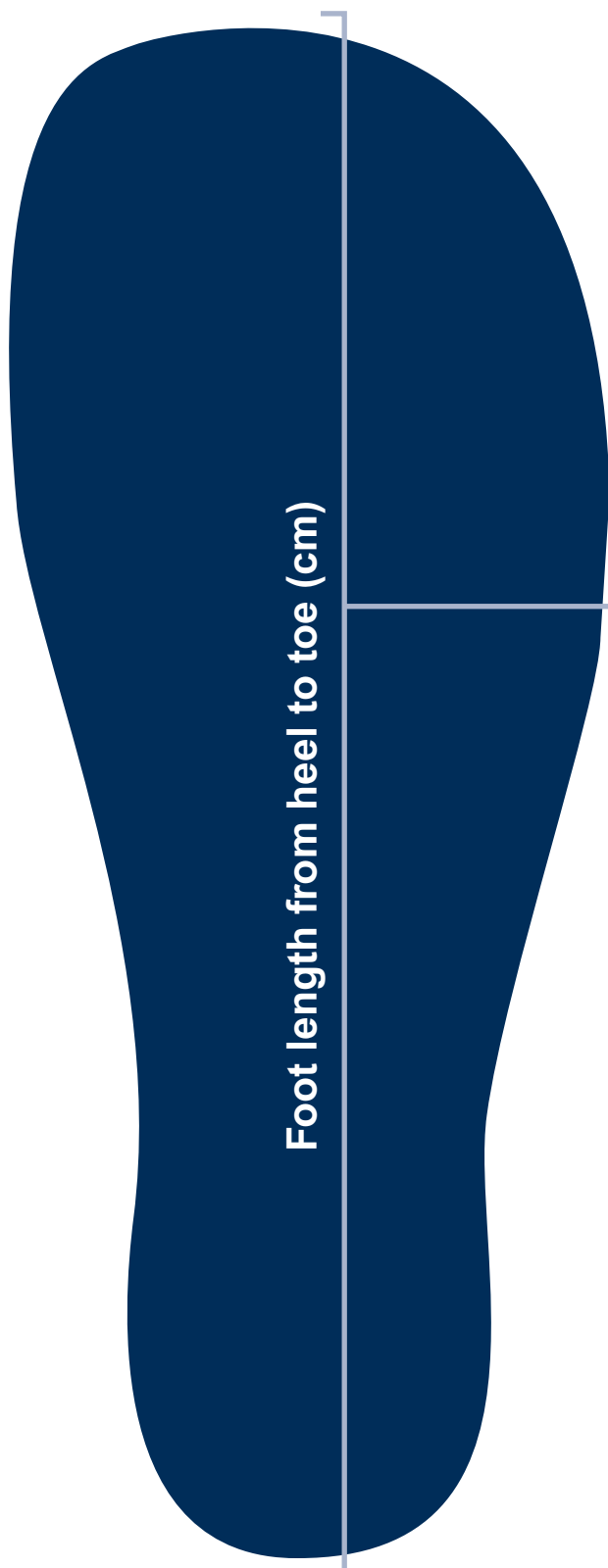
The sizing system for gloves works based on the size of your palm span as shown below.

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.

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 Womens'	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.