

## Overalls, Trousers and Shorts (Overalls normally worn one sizes larger, being a one piece garment, shorts - measure by waist)

Metric Sizes	72R	77R	82R	87R	92R	97R	102R	107R	112R	74L	79L	84L	89L	94L	87ST	92ST	97ST	102ST	107ST	112ST	117ST	122ST	127ST	132ST
Imperial Sizes	2	3	4	5	6	7	8	9	10	3½	4½	5½	6½	7½	3¼	4¼	5¼	6¼	7¼	8¼	9¼	10¼	11¼	12¼
Chest (cm)	82	87	92	97	102	107	112	117	122	87	92	97	102	107	98	97	102	107	112	117	122	127	132	137
Waist (cm)	72	77	82	87	92	97	102	107	112	74	79	84	89	94	87	92	97	102	107	112	117	122	127	132
Inner Leg (cm)	71	74	77	79	82	83	84	85	87	79	80	83	85	87	69	72	74	77	79	80	80	82	83	83

## Jackets and Safety Vests/unisex Dust Coat

Metric Sizes	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Metric Sizes	87R	92R	97R	102R	107R	112R	117R	122R	127R
To Fit Chest (cm)	85-90	90-95	95-100	100-110	110-115	115-120	120-130	130-140	140-150

## Unisex Chef Jacket

Metric Sizes	XXS	XS	S	M	L	XL	XXL	3XL	4XL
To Fit Chest (cm)	80-85	85-90	90-95	95-100	100-110	110-120	120-130	130-140	140-150

## Unisex Food Industry Jerkin and Waiters Jackets

Metric Sizes	XS	S	M	L	XL	XXL	3XL	4XL
To Fit Chest (cm)	85-90	90-95	95-100	100-110	110-120	120-130	130-135	135-140

## Work Shirts/Mens Business Shirts

Metric Sizes	XS	S	M	L	XL	XXL	3XL	4XL	5XL
To Fit Neck (cm)	(34-35)	(36-37)	(38-39)	(41-42)	(43-44)	(45-46)	(47-48)	(49-50)	(51-52)
To Fit Chest (cm)	85	90	95	100	105	110	115	125	130

## Knitwear

Metric Sizes	XXS	XS	S	M	L	XL	XXL	3XL	4XL
Imperial Sizes	10	12	14	16	18	20	22	24	26
To Fit Chest (cm)	80-85	85-90	90-95	95-100	100-110	110-120	120-130	130-135	135-140

## Elastic Waist Trousers and Shorts

Metric Sizes	XS	S	M	L	XL	XXL	3XL	4XL	5XL
To Fit Waist (cm)	70-75	75-85	85-90	90-95	95-105	105-115	115-125	125-130	130-140

## T-Shirts, Polos and Fleece Tops

Metric Sizes	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL
To Fit Chest (cm)	80-85	85-90	90-95	95-100	100-110	110-115	115-120	120-130	130-140	140-150

## Womens Sizes

Metric Sizes	6	8	10	12	14	16	18	20	22	24	26
Actual Bust (cm)	81	87	91	97	101	106	111	116	121	126	129
Actual Waist (cm)	57	62	67	72	77	82	87	92	97	102	107
Actual Hips (cm)	87	92	97	102	107	112	117	122	127	132	137

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## How to Measure

NECK	Measure around neck, allowing room for two fingers behind tape.
CHEST/BUST	Measure around chest, making sure tape is level at the back. A firm chest measurement should be taken.
WAIST	Make sure the trousers are sitting comfortably, and measure over the waistband of the trousers.
INSIDE LEG	Measure up from the crutch to the top of the heel of the shoe.
HIPS	Measure the fullest part of the hips, making sure tape is level.