

## SIZE GUIDE

### Men's Wear

#### Contis / Boilers / Dust Coats / Jackets / Trousers / Shorts

	XS	S		M		L		XL		2XL		3XL		4XL		5XL
<b>Chest cm</b>	76	81	87	92	97	102	107	112	117	122	127	132	137	142	147	152
<b>Chest inches</b>	30	32	34	36	38	40	42	44	46	52	54	52	54	56	58	60
<b>Waist cm</b>	66	71	76	81	87	92	97	102	107	112	117	122	127	132	137	142
<b>Waist inches</b>	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56

## Shirts

	<b>XS</b>	<b>S</b>		<b>M</b>		<b>L</b>		<b>XL</b>		<b>2XL</b>		<b>3XL</b>		<b>4XL</b>		<b>5XL</b>
<b>Collar cm</b>	36	37	-	38	39	41	42	43	44	47	-	49	-	52	-	55
<b>Collar inches</b>	14	14.5	-	15	15.5	16	16.5	17	17.5	18.5	-	19.5	-	20.5	-	21.5

## SABS Approved Contis / Boilers

	<b>XS</b>	<b>S</b>		<b>M</b>		<b>L</b>		<b>XL</b>		<b>2XL</b>		<b>3XL</b>		<b>4XL</b>		<b>5XL</b>
<b>Chest cm</b>	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152
<b>Waist cm</b>	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142

## Women's Wear

### Contis / Dresses / Jackets / Shirts / Skirts / Trousers / Shorts

	XS		S		M		L		XL		2XL		3XL		4XL		5XL	
<b>Size</b>	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38
<b>Size</b>	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
<b>Bust cm</b>	75- 78	79-82	83-86	87-90	92-95	96-99	100- 105	105- 110	110- 115	115- 120	120-125	125- 130	130- 135	135- 140	140- 145	145-150	150-155	155- 160
<b>Waist cm</b>	55- 58	59-62	63-66	67-70	72-75	77-80	81-86	86-91	91-96	96-101	101-106	106- 111	111- 116	116- 121	121- 126	126-131	131-136	136- 141

## Footwear

### Safety Boots / Shoes / Gumboots

UK	3	4	5	6	7	8	9	10	11	12	13
EUR	37	38	39	40	41	42	43	44	45	46	47

## How to take measurements

**For best results, measure over your undergarments.**

### 1. Collar

Measure your collar size by taking the tape measure and placing it flush around your neck. To get the most comfortable fit, place two fingers between the tape measure and the neck when measuring.

### 2. Chest

Measure horizontally across the widest part of the chest/bust. Make sure you keep the tape measure straight across your back.

### 3. Waist

For men and children, measure horizontally at navel height. For women, measure horizontally across the narrowest part of the waist.