## Sizing Guide

Worker Body Measurement: The worker's actual measurements determined using a fabric measuring tape.
Coat, Bib-Overall and Coverall Measurements: Garment dimensions are larger than the user's measurements to allow space for movement.

## Measuring Instructions

## 1.Use a Fabric Measuring Tape

Chest: Measure around the chest just under the arms and across the shoulder blades.
Waist: Measure around the natural waistline. Height: Measure the total height of the worker. You can tape one measuring tape to a wall and have the worker stand up straight against it.

## 2. Select the Size

After measuring the worker select the size using the tables above. Each of these numbers represent the maximum measurement per size. Always round up and use the larger of either Chest or Waist.

## 3. Select the Height

All suits are sold as a Regular size. Order bib-overalls for adjustable height. Short, Tall and Extra Tall sizes are custom Made to Order. Regular Standard size is 5 '10" to $6^{\prime} 1^{\prime \prime}$. Workers under 5'8" or over 6'4" need custom sizes.


Body Size

| Worker Body Measurements |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| Chest (in) | 36 | 39 | 42 | 46 | 50 | 54 | 58 | 62 |
| Waist (in) | 30 | 33 | 36 | 40 | 44 | 48 | 52 | 56 |
| Coat Measurements |  |  |  |  |  |  |  |  |
| Size | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| Chest (in) | 46 | 49 | 52 | 56 | 60 | 64 | 68 | 72 |
| Bib-Overall Measurements |  |  |  |  |  |  |  |  |
| Size | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| Waist (in) | 34 | 37 | 40 | 44 | 48 | 52 | 56 | 60 |
| Coverall Measurements |  |  |  |  |  |  |  |  |
| Size | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| Chest (in) | 46 | 49 | 52 | 56 | 60 | 64 | 68 | 72 |
| Waist (in) | 36 | 39 | 42 | 46 | 50 | 54 | 58 | 62 |

Body Height

| Worker Body Measurements |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: |
| Size | Short | Regular | Tall | X-Tall |
| Height Range $(\mathrm{ft})$ | $5^{\prime} 7 "-5 ' 10 "$ | $5 ' 10 "-6 ' 1 "$ | $6 ' 1 "-6 ' 4 "$ | $6{ }^{\prime} 4$ "-6'7" |

## Measuring Instructions

1. Measure around the hand at the fullest part.
2. Measure from the tip of the middle finger to the base of the hand.
3. Use the LARGEST of these two measurements for the correct size glove.
4. The number of inches/centimeters measured equals the size of the glove.

Glove Size

| Glove Sizing Chart |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | XS | S | M | L | XL |  |
| 2XL |  |  |  |  |  |  |
| Inches | 7 | 7.5 | $8.5-9$ | $9.5-10$ | $10.5-11$ |  |
| Centimeters | 18 | 20 | 23 | 25 | 28 |  |
|  |  | 30 |  |  |  |  |

If you are RIGHT handed, take measurements from your RIGHT hand.
If you are LEFT handed, take measurements from your LEFT hand.

| Arc Thermographer Glove Sizing Chart |  |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Regular | Regular | Large | Large | X-Large | X-Large |  |
| Size | 7 | 8 | 9 | 10 | 11 | 12 |  |

