

## Measuring Guide

### Check your safety apparel size

#### Shirts – Tecasafe® Plus

Men's sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To fit chest (cm)	87	92	97	102	107	112	117	122	127	132
Sleeve length (cm)	60	62	64	66	68	69	70	71	72	72
Women's sizes	6	8	10	12	14	16	18	20	22	
To fit bust (cm)	85	90	95	100	105	110	115	120	125	
To fit waist (cm)	70	75	80	85	90	95	100	105	110	
To fit hip (cm)	92	97	102	107	112	117	122	127	132	

#### Coveralls – Tecasafe® Plus

Men's Regular	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R
To fit chest (cm)	87	92	97	102	107	112	117	122	127	132
To fit waist (cm)	77	82	87	92	97	102	107	112	117	122
To fit inleg (cm)	74	76	78	80	81	82	83	84	84	84
Men's Stout	77S	82S	87S	92S	97S	102S	107S	112S	117S	122S
To fit chest (cm)	87	92	97	102	107	112	117	122	127	132
To fit waist (cm)	77	82	87	92	97	102	107	112	117	122
To fit inleg (cm)	69	71	73	75	76	77	78	79	79	79

#### Trousers – Tecasafe® Plus

Men's Regular	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R
To fit waist (cm)	77	82	87	92	97	102	107	112	117	122
To fit inleg (cm)	78	80	82	84	85	86	87	88	88	88
Men's Stout	77S	82S	87S	92S	97S	102S	107S	112S	117S	122S
To fit waist (cm)	77	82	87	92	97	102	107	112	117	122
To fit inleg (cm)	73	75	77	79	80	81	82	83	83	83
Women's sizes	6	8	10	12	14	16	18	20	22	
To fit waist (cm)	70	75	80	85	90	95	100	105	110	
To fit hip (cm)	92	97	102	107	112	117	122	127	132	

#### Coveralls – ChemTech®

Size	S	M	L	XL	2XL	3XL	4XL
To fit chest (cm)	92	97	102	107	112	117	122
To fit waist (cm)	82	87	92	97	102	107	112
To fit inleg (cm)	76	78	80	81	82	83	84

#### Trousers – Wet Weather, Welding, Antistatic, Chainsaw & ChemTech®

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To fit waist (cm)	77	82	87	92	97	102	107	112	117	122
To fit inleg (cm)	74	76	78	80	81	82	83	84	84	84

#### Jackets – FR Internal, Welding, Wet Weather Antistatic & ChemTech®

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To fit chest (cm)	87	92	97	102	107	112	117	122	127	132
Sleeve length (cm)	60	62	64	66	68	69	70	71	72	72

Sizing shown on this chart is wearer size and not actual garment size.

## Measuring Guide

### Structural Firefighting Jackets

Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit chest (cm)	87	92	97	102	107	112	117	122
Sleeve length (cm)	60	62	64	66	68	69	70	71

### Structural Firefighting Trousers

Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit waist (cm)	77	82	87	92	97	102	107	112
Inside leg (garment)	78	80	82	84	85	86	87	88

### Wildlands Firefighting Jackets

Size	S	M	L	XL	2XL	3XL	4XL
Men's size	82	87	92	97	102	107	112
To fit chest (cm)	92	97	102	107	112	117	122
Women's size	10	12	14	16	18	20	22
To fit chest (cm)	95	100	105	110	115	120	125

### Wildlands Firefighting Trousers

Size	XS	S	M	L	XL	2XL	3XL	4XL
Size	77R	82R	87R	92R	97R	102R	107R	112R
To fit waist (cm)	77	82	87	92	97	102	107	112

### ArcSafe® Switching Jackets (900mm length) and Coats (1300mm length)

Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit chest (cm)	87	92	97	102	107	112	117	122
Sleeve length (cm)	60	62	64	66	68	69	70	71

### ArcSafe® Switching Bib and Brace Trousers

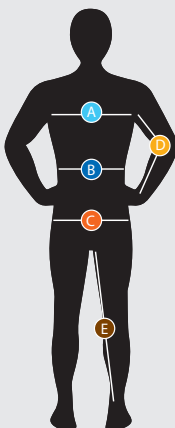
Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit waist (cm)	77	82	87	92	97	102	107	112
Inside leg (garment)	74	76	78	80	81	82	83	85

### Aluminised Furnace Jackets

Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit chest (cm)	87	92	97	102	107	112	117	122

### Aluminised Furnace Trousers

Size	XS	S	M	L	XL	2XL	3XL	4XL
To fit waist (cm)	77	82	87	92	97	102	107	112
To fit inleg (cm)	82.5	82.5	82.5	84.5	87.5	89.5	89.5	89.5



### How to Measure

- A Chest/Bust:** Measure around the fullest part of the chest/bust and over the shoulder blades.
- B Waist:** Measure around the waist with a comfortable fit.
- C Hip:** Measure around the hip with a comfortable fit.
- D Sleeve:** Measure from the point of the shoulder to wrist.
- E Inside Leg:** Measure from the crotch to the top of the heel.

### Recommendation

- When measuring for apparel that will be worn as an outer layer, we recommend that you take measurements for the outer layer whilst wearing the inner layer garment.
- For example, if you are measuring for ChemTech coveralls and will be wearing FR Workwear as an inner layer take your measurements for the ChemTech Coveralls wearing the FR Workwear.

*Sizing shown on this chart is wearer size and not actual garment size.*