



CLOTHING SIZING

Stand upright, with a relaxed posture. Ask a second person to measure you.

For **clothing** the chest circumference, waist circumference, seat circumference and inseam are needed.

Your jeans size – **waist and length** – is also a good way to estimate your correct size.

1 Height

from top of head to sole of foot

2 Chest circumference

measured horizontally around the body at the widest point of the chest

3 Waist circumference

measured without pulling the tape tight

A For overalls and jackets: stomach circumference (at navel)

B For trousers: waistband circumference (at trouser waist)

4 Seat circumference

at the widest point of the seat

5 Inseam

measured from the crotch to the ground

6 Thigh circumference

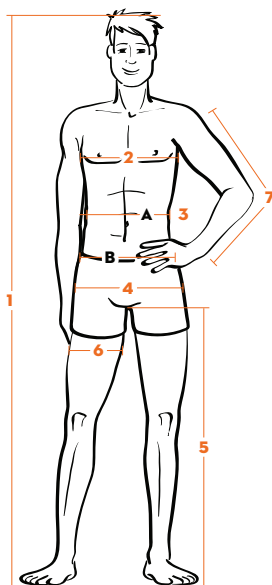
at the widest point of the thigh

7 Arm length

from the shoulder edge to the knuckle via the elbow, measured with the arm bent

Jacket length

from the collar seam to the hem (measured from a well-fitting jacket)



INTERNATIONAL NORMAL SIZES

Protective clothing Size (order number) / Size (order number)	XS (..02)	S (..03)	M (..04)	L (..05)	XL (..06)	XXL (..07)	3XL (..08)
Body height in cm 1	170 - 176	172 - 178	174 - 180	176 - 182	178 - 184	180 - 186	182 - 188
Chest circumference in cm 2	76 - 84	84 - 92	92 - 100	100 - 108	108 - 116	116 - 124	124 - 132
Waist circumference in cm 3	62 - 70	70 - 78	78 - 86	86 - 96	96 - 106	106 - 116	116 - 126
Jeans size in inches Waist / Length	25 - 28 / 31	28 - 31 / 31.5	31 - 34 / 32	34 - 38 / 32.5	38 - 42 / 33	42 - 46 / 33.5	46 - 50 / 34