

The measurements on this guide are actual body measurements and can be used as a guide to garment size selection.

Neck

Measure around lowest part of neck

Chest

Measure around largest part of the chest with arms at sides

Waist

Measure at natural waistline

Hip

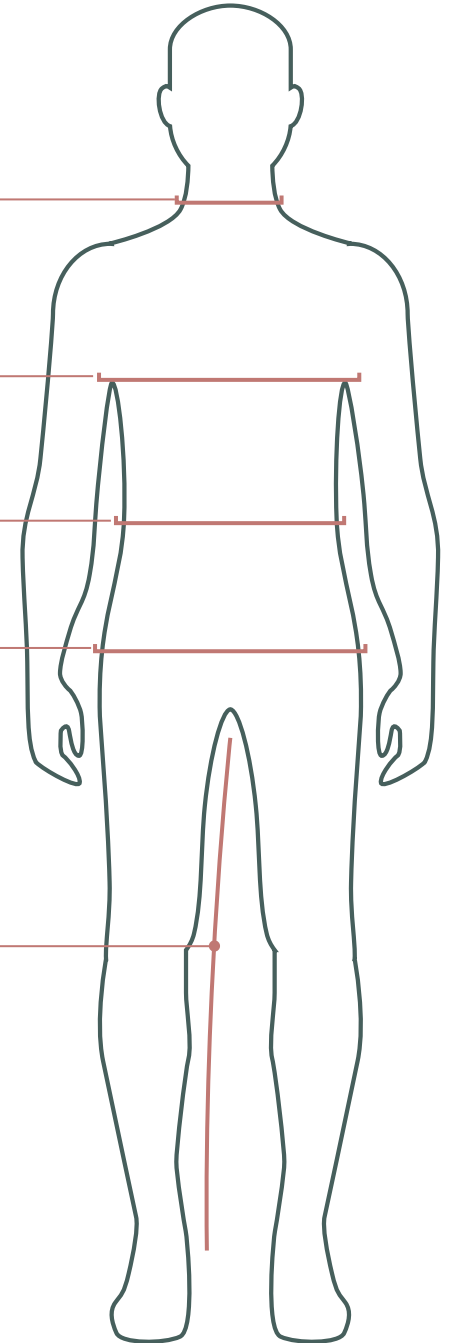
Measure at fullest part while standing upright

Inleg

Measure from crotch to heel of shoe

Measuring Tips

Measure over underwear or light clothing keep the tape straight and level, snug but not tight around the body record measurements in centimetres.



Overalls | REGULAR (Average eight 177cm)

CHEST METRIC SIZE	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R	137R	142R					
IMPERIAL SIZE	3	4	5	6	7	8	9	10	11	12	13	14	15	16					
To Fit Chest	77	82	87	92	97	102	107	112	117	122	127	132	137	142					
To Fit Waist	67	72	77	82	87	92	97	102	107	112	117	122	127	132					

Some Overalls also available in *STOUT* (Shorter height 173cm & Heavier build) and *LONG* (Taller height 182cm & Slimmer build)

Flex Overalls | REGULAR (Average height 177cm)

CHEST METRIC SIZE	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R							
IMPERIAL SIZE	3	4	5	6	7	8	9	10	11	12	13	14							
To Fit Chest	72	77	82	87	92	97	102	107	112	117	122	127							
To Fit Waist	62	67	72	77	82	87	92	97	102	107	112	117							

Also Available in *STOUT* (Shorter height 173cm & Heavier build) and *LONG* (Taller height 182cm & Slimmer build)

Work Shirts / Jackets / Polo

MULTI SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL									
To Fit Chest	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152			

Men's Corporate Shirts

MULTI SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL										
Neck in CM	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
To Fit Chest	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	152

Food Tops

MULTI SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL											
To Fit Chest	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152			

Chef Jackets | CUT ONLY

MULTI SIZE	3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL									
To Fit Chest	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152			

Chef Jackets | FOD / DEA / CUT.JKT015

MULTI SIZE	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL										
To Fit Chest	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147				

Dustcoats

METRIC SIZE		77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R	137R	142R					
To Fit Chest		77	82	87	92	97	102	107	112	117	122	127	132	137	142					

FOD.DCT013: Large fit, we suggest selecting 2 sizes smaller than our other dustcoats

Trousers & Shorts | REGULAR (Average height 173-177cm)

METRIC SIZE				77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R							
MULTI SIZE		XS		S		M		L		XL		2XL		3XL		4XL					
To Fit Chest				77	82	87	92	97	102	107	112	117	122	127	132	137	142				

Trousers also available in STOUT (Shorter height 168-172cm & Heavier build) and LONG (Taller height 178-182cm & Slimmer build)

Men's Belt

MULTI SIZE	XS		S		M		L		XL		2XL		3XL		4XL		5XL				
To Fit Waist	62	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142				

Women's Wear

MULTI SIZE	2XS	XS	S	M		L		XL	2XL		3XL	4XL								
WOMEN'S SIZE	6	8	10	12	14	16	18	20	22	24	26	28								
To Fit Bust	82	87	92	97	102	107	112	117	122	127	132	137								
To Fit Waist	65	70	75	80	85	90	95	100	105	110	115	120								
To Fit Hips	90	95	100	105	110	115	120	125	130	135	140	145								

Women's Belt

MULTI SIZE	XS		S		M		L		XL		2XL		3XL							
To Fit Waist	56	60	65	70	75	80	85	90	95	100	105	110	115	120						

Children's Wear

CHILD'S SIZE	2	4	6	8	10	12	14	16												
To Fit Chest	56	60	64	68	72	76	80	84												
Height	92	108	120	130	150	160	165	170												

Food Hats

MULTI SIZE	XS	S	M	L	XL															
To Fit HEAD CIRC	53	56	59	62	65															