



SeeHerWork™ Apparel Sizing – Women’s

HOW TO MEASURE

- **Chest:** Relax arms at sides, keep tape parallel to the floor. Measure fullest part.
- **Waist:** Relax arms at sides, keep tape parallel to the floor. Measure right below navel/belly button.
- **Hips:** Stand with feet together, keep tape parallel to the floor. Measure fullest part.
- **Between Sizes:** Pick the larger size.

WOMEN’S LENGTHS	Short	Regular	Tall
Height	5'0" - 5'4"	5'4" - 5'8"	5'8"+
Inseam	29"	31"	33"

WOMEN’S SIZING CHART AND COUNTRY CONVERSIONS

Size	XS	S	M	L	XL	2X	3X							
US / Canada	00	0	2	4	6	8	10	12	14	16	18	20	22	24
UK / AU	2	4	6	8	10	12	14	16	18	20	22	24	26	28
EU	30	32	34	36	36	38	42	44	46	48	50	52	54	56
Measurements (Inches)														
Chest	32	33	34	35	36	37	38	40	42	44	46	48	50	52
Waist	24 ½	25 ½	26 ½	27 ½	28 ½	29 ½	32	34	36	38	40	42	44	46
Hip	34 ½	35 ½	36 ½	37 ½	38 ½	39 ½	40 ½	42 ½	44 ½	46 ½	48 ½	50 ½	52 ½	54 ½
Maternity Measurements (Inches)														
Chest	34	35	36	37	38	39	40	42	44	46	48	50	52	54
Waist Under Bump	36	37	38	39	40	41	42	44	46	48	50	52	54	56

F4Work™ Apparel Sizing – Men’s



HOW TO MEASURE

- **Chest:** Relax arms at sides, keep tape parallel to the floor. Measure fullest part.
- **Waist:** Relax arms at sides, keep tape parallel to the floor. Measure right below navel/belly button.
- **Between Sizes:** Pick the larger size.

MEN'S LENGTHS	Short	Regular	Tall
Height	5'6" - 5'8"	5'8" - 6'	6'+
Inseam	30"	32"	34"

MEN'S SIZING CHART AND COUNTRY CONVERSIONS

Size	S		M		L		XL		2X		3X		4X		5X		6X	
US / Canada / AK / AU	34	36	38	40	42	44	46	48	50	52	54	56	62	64	66	68	70	72
EU	44	46	48	50	53	54	56	58	60	62	64	66	72	74	76	78	80	82
Measurements (Inches)																		
Chest	37	39	40	42	43	45	46	49	50	53	54	57	58	61	62	65	66	69
Waist	29	31	32	34	35	37	38	40	41	44	45	48	49	52	53	56	57	60