



SIZING REFERENCE CHART

TROUSERS and SHORTS (WAIST CM)

REGULAR (R)	67	72	77	82	87	92	97	102	107	112
WAIST cm	67	72	77	82	87	92	97	102	107	112
INSIDE LEG	72	75	77	79	81	83	85	87	89	91
STOUT (S)	87	92	97	102	107	112	117	122	127	132
WAIST cm	87	92	97	102	107	112	117	122	127	132
INSIDE LEG	72	75	77	79	81	82	83	84	85	86
LONG (L)	74	79	84	89	94					
WAIST cm	74	79	84	89	94					
INSIDE LEG	80	82	84	86	88	Inside leg measurement refers to trousers only				

OVERALLS "A" and "T" TOP STYLES (WAIST CM)

REGULAR (R)	72	77	82	87	92	97	102	107	112	
CHEST cm	82	87	92	97	102	107	112	117	122	
WAIST cm	72	77	82	87	92	97	102	107	112	
INSIDE LEG	73	75	77	79	81	83	85	87	89	
STOUT (S)	87	92	97	102	107	112	117	122	127	132
CHEST cm	92	97	102	107	112	117	122	127	132	137
WAIST cm	87	92	97	102	107	112	117	122	127	132
INSIDE LEG	70	73	75	77	79	80	81	82	83	84
LONG (L)	74	79	84	89	94					
CHEST cm	87	92	97	102	107					
WAIST cm	74	79	84	89	94					
INSIDE LEG	79	81	83	85	87					

SHIRTS WORK / BUSINESS

SIZE LABEL	XS	S	M	L	XL	2X	3X	4X	6X	
NECK SIZE cm	34/35	36/37	38/39	41/42	43/44	45/46	48/49	50/51	54/55	
CHEST cm	87	92	97	102	107	112	117	122	132	

POLO TOPS, TEE SHIRTS, WINDCHEATERS

SIZE LABEL	XS	S	M	L	XL	2X	3X	4X	6X	
CHEST SIZE cm	87	92	97	102	107	112	117	122	132	

JACKETS

SIZE LABEL	S	M	L	XL	2X	3X	4X	6X	8X	
CHEST SIZE cm	95	100	105	110	115	120	125	135	145	

SIZING INSTRUCTIONS

SIZING OF GARMENTS INSTRUCTIONS	The correct selection of a garment size will ensure both Wearer Comfort and optimum Garment Performance. The wearer must be standing upright and naturally for best size fitting.
WAIST MEASUREMENT	Place the measuring tape level around the waist above the hips and over the waist band. Closest full CM reading on the tape is correct size. (For overalls it is recommended to select the next size up to allow for undergarments and commercial laundering and drying.)
INSIDE LEG	Place the tap along the inner seam from the crotch to the top of the heel of the shoe. (We suggest garment is washed prior to length alteration)
CHEST MEASUREMENT	Place the measuring tape level and firmly around the widest part of the chest under the arms and across the shoulder blades.
NECK MEASUREMENT	Place the measuring tape comfortably around the neck approximately 1cm above collarbone, allowing for 2 fingers to be placed between the neck and tape for wearer comfort.