## WORKWEAR DESIGNED WITH YOU IN MIND



ALL MEN'S AND WOMEN'S BOTTOMS HAVE A FULL LEG OPENING FOR WEAR OVER BOOTS

| Unisex Sizing Chart for Shirts and Tops |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Alpha Sizing | XS |  | S |  | M |  | L |  | XL |  | 2XL |  | 3XL |  | 4XL |  | 5XL |  | 6XL |  |
| Male (Chest) | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 |
| Female (Size) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |

Men's Body Measurements for Shirts, Pants \& Shorts

| Men's Body Measurements for Shirts, Pants \& Shorts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Alpha Sizing | XS |  | S |  | M |  | L |  | XL |  | 2XL |  | 3XL |  | 4XL |  | 5XL |  | 6XL |  |
| Neck Size | 13 | $131 / 2$ | 14 | 141/2 | 15 | 151/2 | 16 | 161/2 | 17 | 171/2 | 18 | $181 / 2$ | 19 | 191/2 | 20 | 201/2 | 21 | 211⁄2 | 22 | 221/2 |
| Chest | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 |
| Waist | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 |
| Hips | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 |


| Ladies Body Measurements for Shirts, Pants \& Shorts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Alpha Sizing | XS |  | S |  | M |  | L |  | XL |  | 2XL |  | 3XL |  |
| Numeric Sizing | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 |
| Chest / Bust | 331/4 | 341/4 | 351/4 | 361/4 | 371/4 | 383/4 | 401/4 | 413/4 | 433/4 | 453/4 | 473/4 | 493/4 | 513/4 | 533/4 |
| Waist (Natural) | 251/4 | 261/4 | 271/4 | 281/4 | 291/4 | 303/4 | 321/4 | 333/4 | 353/4 | 373/4 | 393/4 | $413 / 4$ | 433/4 | 453/4 |
| Hips | 361/4 | 371/4 | 381/4 | 391/4 | 401/4 | $413 / 4$ | 431/4 | $443 / 4$ | 463/4 | 483/4 | $503 / 4$ | $523 / 4$ | $543 / 4$ | 563/4 |


| Unisex Sizing Chart for Coveralls |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 |  |
| Chest (1" below armhole) | 34" | 36" | 38" | 40" | 42" | $44^{\prime \prime}$ | 46 " | 48" | 50" | 52" | 54" |  |
| Waist (centre of band) | 28" | 30" | 32" | 34" | 36" | 38' | $40^{\prime \prime}$ | 42" | $44^{\prime \prime}$ | 46" | 48" |  |
| *Regular sizes are based on a height of $5^{\prime} 77^{\prime \prime}-5^{\prime} 11{ }^{\prime \prime}$. Tall sizes work for individuals $6^{\prime}-6^{\prime} 3$ " |  |  |  |  |  |  |  |  |  |  |  |  |

## HOW TO MEASURE



HAT: Measure around your head, with tape measure above your brow ridges.

NECK: Measure around the base of the neck. Number of inches equals neck size.

CHEST/BUST: For chest,
measure just under arms and across shoulder blades, holding tape parallel to the floor. For bust, measure at the fullest part of the bust.

SLEEVE: Put your hand on your hip and bend your elbow 90 degrees. Hold the tape at the center of the back of your neck. Measure from your neck, across your shoulder to your elbow, and down to your wrist. Total length is your sleeve length.
WAIST: Measure at the natural waistline or where you expect the pants' waistband to fall.

HIPS: Stand with your heels together and measure around the fullest part of your hips, keeping the tape parallel to the floor.

INSEAM: Measure pants that fit well overall, especially in length. Lay the pants flat and measure from crotch seam to bottom of leg hem. (Note: Add $1 / 2^{\prime \prime}$ to $100 \%$ cotton pants to allow for shrinkage.)
BELTS: Order 2 " larger than your pants' waist measurement.
FOOTWEAR: Allow extra room if extra-heavy socks are worn on the job. If half sizes aren't available, size up to the next largest whole size. Women purchasing men's footwear should downsize by $11 / 2$ sizes. Widths may vary by manufacturer.

EMAIL:

