# SIZE CHART

Body measurements in centimetres (cm)

## Regular sizes

| Combined size / letter size | 1 (46/48) S | | 2 (50/52) M | | 3 (54/56) L | | 4 (58/60) XL | | 5 (62/64) XXL | |
|---|---|---|---|---|---|---|---|---|---|---|
| **EU size** | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 |
| Body height | 170 - 172 | 172 - 176 | 176 - 179 | 179 - 181 | 181 - 183 | 183 - 185 | 185 - 187 | 187 - 189 | 189 - 191 | 191 - 193 |
| Chest circumference | 90 - 94 | 94 - 98 | 98 - 102 | 102-106 | 106 - 110 | 110 -114 | 114 - 118 | 118 - 122 | 122 - 126 | 126 - 130 |
| Waist circumference | 78 - 82 | 82 - 86 | 86 - 90 | 90 - 95 | 95 - 100 | 100 - 105 | 105 - 110 | 110 - 114 | 114 - 118 | 118 - 122 |
| Hip circumference | 96 - 100 | 100-104 | 104 - 108 | 108 - 112 | 112 - 116 | 116 - 119 | 119 - 122 | 122 - 125 | 125 - 128 | 128 - 131 |
| Back width | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 |
| Back length | 44,5 | 44,5 | 45 | 45,5 | 46 | 46,5 | 47 | 47,5 | 48 | 48,5 |
| Arm length | 63 | 64 | 65 | 65 | 66 | 67 | 68 | 69 | 70 | 70 |
| Outside leg length | 101 | 103 | 105 | 107 | 108 | 109 | 111 | 112 | 114 | 115 |
| Inside leg length | 76 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 |

## Tall / slim sizes

| **EU size** | 94 | 98 | 102 | 106 | 110 | 114 | 118 | 122 | 126 | 130 |
|---|---|---|---|---|---|---|---|---|---|---|
| Body height | 178 - 181 | 181 - 185 | 185 - 187 | 187 - 189 | 189 - 191 | 191 - 193 | 193 - 195 | 195 - 197 | 197 - 199 | 199 - 201 |
| Chest circumference | 90 - 94 | 94 -98 | 98 - 102 | 102 - 106 | 106 - 110 | 110 - 114 | 116 - 118 | 118 - 122 | 122 - 126 | 126 - 130 |
| Waist circumference | 78 - 82 | 82 - 86 | 86 - 90 | 90 - 95 | 95 - 100 | 100 - 105 | 105 - 110 | 110 - 114 | 114 - 118 | 118 - 122 |
| Hip circumference | 98 - 102 | 102 - 106 | 106 - 110 | 110 - 114 | 114 - 118 | 118 - 121 | 121 - 124 | 124 - 127 | 127 - 130 | 130 - 133 |
| Back width | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 |
| Back length | 46,5 | 46,5 | 47 | 47,5 | 48 | 48,5 | 49 | 49,5 | 50 | 50,5 |
| Arm length | 67 | 68 | 69 | 69 | 70 | 71 | 72 | 73 | 74 | 74 |
| Outside leg length | 106 | 108 | 110 | 112 | 113 | 114 | 116 | 117 | 118 | 119 |
| Inside leg length | 79 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 |

## Short / stocky sizes

| **EU size** | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|---|---|---|---|---|---|---|---|---|---|---|
| Body height | 164 - 166 | 166 - 170 | 170 - 173 | 173 - 175 | 175 - 177 | 177 - 179 | 179 - 181 | 181 - 183 | 183 - 186 | 186 - 189 |
| Chest circumference | 90 - 94 | 94 - 98 | 98 - 102 | 102 - 106 | 106 - 110 | 110 - 114 | 114 -118 | 118 - 122 | 122 - 126 | 126 - 130 |
| Waist circumference | 82 - 86 | 86 - 90 | 90 - 94 | 94 - 98 | 98 - 103 | 103 - 108 | 108 - 112 | 112 - 116 | 116 - 122 | 122 - 124 |
| Hip circumference | 96 - 100 | 100 - 104 | 104 - 108 | 108 - 112 | 112 - 116 | 116 - 119 | 119 - 122 | 122 - 125 | 125 - 128 | 128 - 131 |
| Back width | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 |
| Back length | 42,5 | 42,5 | 43 | 43,5 | 44 | 44,5 | 45 | 45,5 | 46 | 46,5 |
| Arm length | 61 | 62 | 63 | 63 | 64 | 65 | 66 | 67 | 68 | 68 |
| Outside leg length | 98 | 100 | 102 | 104 | 105 | 106 | 108 | 109 | 111 | 112 |
| Inside leg length | 73 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 |

# HOW TO CHOOSE YOUR SIZE

This chart lists body measurements to help you determine your basic clothing size.

The three main measurements are body height, chest circumference and waist circumference.

Take measurements in underwear where possible, standing in a relaxed position.

For circumference measurements, place the tape against the body without pulling it tight.

Body height: measure from the top of the head to the floor.

Chest circumference: measure around the torso just below the armpits.

Waist circumference: measure around the natural waist.

Arm length: measure from the shoulder bone to the wrist.

Inside leg length: measure from the crotch to the floor.

Outside leg length: measure from the hip bone to the floor.

SIZE LABELLING

The source refers to EN ISO 13688 for the format of size labelling.

The standard specifies how sizes are indicated; it does not define the actual measurements.

Jackets require chest circumference and body height; trousers require waist circumference and body height.

Suits require chest circumference, waist circumference and body height.

Additional measurements may be provided for trousers and other personal protective equipment (PPE).

The manufacturer determines the allowances needed for a comfortable finished garment.

The source states that PPE fit is checked on wearers in the relevant sizes before certification.

For help finding the correct size, contact:

PFLUEGER - SAFETY | Havelstrasse 28, 24539 Neumuenster

Tel. +49 4321 8974 | pflueger@pfluegerhp.de