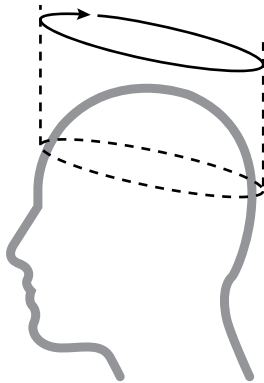


SIZING GUIDE FOR PPE

Choosing the right protective clothing and equipment is worth careful consideration, and finding the right fit is just as important. Unfortunately, choosing proper fitting PPE for you or others can be confusing. Understanding sizing conventions and determining which sizes are the right ones can be a challenge. Here are some simple PPE size charts to help you make the best decision when purchasing sized PPE.

SAFETY HELMET / HARD HAT

To measure for your hat size, place a soft cloth tape measure around the widest part of your head (this is usually just above the eyebrows). Pull the tape measure snug, but not tight. Convert inches to hat size using the sizing chart on the table.



Measure the Circumference of the head

Hard Hat Size	Circumference	
	Centimeters	Inches
6-1/2	52	20-1/2
6-5/8	53	20-7/8
6-3/4	54	21-1/4
6-7/8	55	21-5/8
7	56	22
7-1/8	57	22-3/8
7-1/4	58	22-3/4
7-3/8	59	23-1/8
7-1/2	60	23-1/2
7-5/8	61	23-7/8
7-3/4	62	24-1/4
7-7/8	63	24-5/8
8	64	25
8-1/2	68	26-1/2

Note: This table is intended for sizing guidance of round head bands only and should not be construed as prohibiting larger or smaller headbands.

EYEWEARS

Safety eyewear size measurements depend on the type of lens you have. With a single-lens system, size is measured in millimeters (mm) from the outside of the left temple to the outside of the right temple (25.4 mm equals an inch). If the eyewear has a two-lens system, such as prescription eyewear, size is measured in mm from the left to right of each lens.

The most current American National Standard for Occupational and Educational Personal Eye and Face Protection Devices (ANSI/ISEA Z87.1-2010) provides for products designed for smaller head sizes. These products are marked with the letter "H".



RESPIRATORS

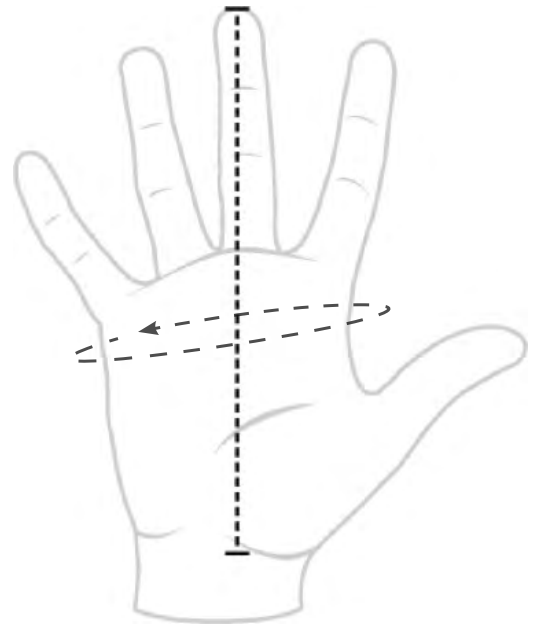
Of all PPE sizing challenges, accurate sizing for respirators is the most critical. Confusion sometimes occurs because respirator sizes are given descriptors (small, medium and large), but these do not relate to any measurable value. Respirators are made with the assumption that most people's faces and heads have about the same width and length. This means that a medium size will fit approximately 70 percent of the adult population. Small and large sizes are made for a minority of the population. People who need these sizes generally know from their experience buying hats or prescription eyewear that their face and head size falls outside the norm. The only way to ensure the correct size for tight fitting respirators is to conduct the required fit testing.

PROTECTIVE GLOVES

Measuring the hand for correct fit will give the employee the best possible protection without compromising the task, duty or safety of the wearer. To find the correct glove size, measure around the hand (a dominant hand measurement is preferred) with a tape measure as shown below. The dominant hand will be the right if you are right-handed and left if you are left-handed.

If the gloves you are purchasing come in numbered sizes, you can relate the inch measurement directly to the numerical size listed for the glove. For example, if the measurement taken is 8 inches, then you would select a size 8 glove. If the measurement is over 8 inches then it is prudent to select the next size larger in order to avoid hand fatigue from a too small glove. If the gloves you are purchasing come in lettered sizes (XS, S, M, L, XL or XXL), use the table below to translate the measurement.

Glove Size		Hand		Gloves
		Palm Circumference	Length	Max. Length
S	6	152	160	220
	7	178	170	230
M	8	203	182	240
L	9	229	192	250
XL	10	254	204	260
2XL	11	279	215	270



Another method to determine glove size is measuring finger length. This is done by measuring from the bottom edge of the palm to the tip of the middle finger as illustrated above.

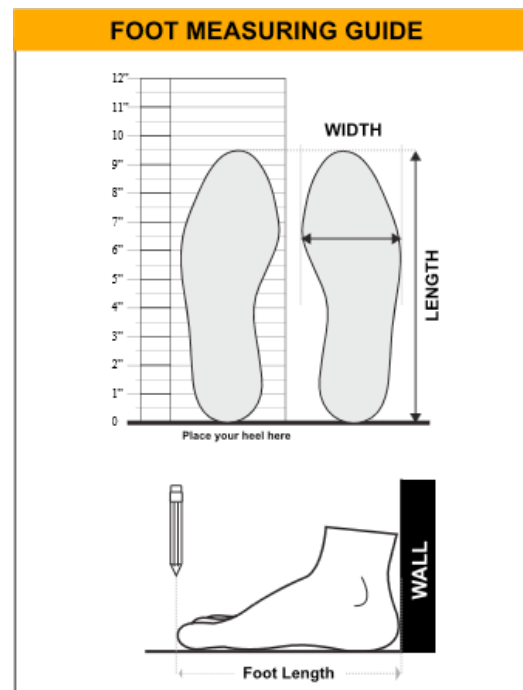
SAFETY SHOES

We know that proper fit is so important to overall foot health. It will bring comfort for every worker if their footwear are in the right size. To help you make an the right decision on choosing the right size of your footwear, we have provided Cavalier size chart and fit assistance tools.

3 - STEPS TO MEASURE YOUR SAFETY SHOES

1. Place your feet on a piece of paper or align against the wall.
2. Mark the paper at the back of your heel and at the end of the longest toe.
3. Measure the distance between these two points in a straight line, & repeat the same steps for the other foot.

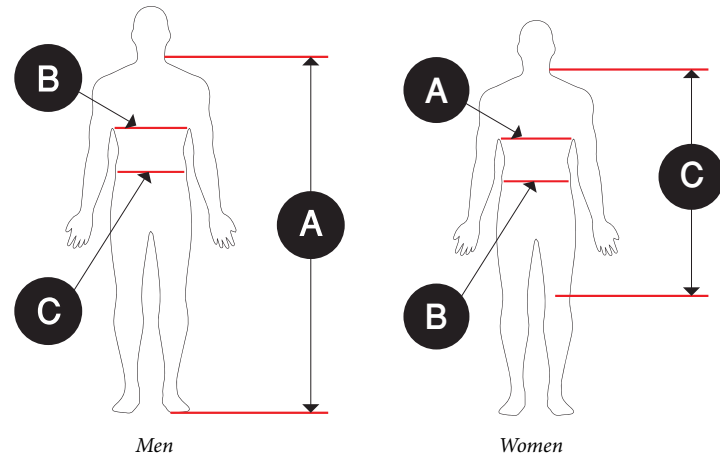
If your foot is longer, use the larger measurement to find your shoe size by referencing the size chart above. If your measurement is in between sizes & the shoes don't come in half sizes, please round up to the next size.



EU	36	37	38	39	40	41	42	43	44	45	46	47	48
UK	3	4	5	6	6.5	7	8	9	10	10.5	11	12	13
US	4.5	5	5.5	6	7	8	8.5	9.5	10	11	11.5	12.5	13.5

PROTECTIVE GARMENTS

Measuring yourself to ensure that your workwear fits well is important to maintaining a professional appearance. Maintaining your professional appearance can be a stepping stone to new job opportunities with your company, and even raises. When measuring yourself for work wear, it's best to enlist the help of a family member, friend, or tailor. It can be hard to properly reach the tape measure around yourself and get the correct measurement, so having help ensures that you will get correct measurements for your work pants, work shirts, coveralls, and/or jackets. Before you begin, you will need a tape measure, assistant, and a pencil and paper to take down your measurements.



Men's Work Coverall	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	
Total Length	59.25	60	60.5	61	61.75	63	63.5	64	64.25	65	65	65	65.5	66	66.75	
Chest	41	42	43	44	46	48	49	50	51	52	54	56	58	60	62	
Waist	Stretch	37	38	39	40	42	44	45	46	47	48	50	52	54	56	58
	Relax	30	31	32	33	35	37	38	39	40	41	42.5	44	45.5	47	48.5

Length (A) - Flat footed, from back of the neck to the sole of the foot.

Chest (B) - Horizontally, under shoulder blades.

Waist (C) - Horizontally, fullest part of the waist.

*All sizes are in inches

Men's Winter Jacket	S	M	L	XL	2XL	3XL	4XL								
Chest	50	53	56	59	62	65	68								
Bottom Relax	36	38	40	42	44	46	48								
Total Length	29.5	30.5	31.5	32.5	33.5	34.5	35.5								

Chest (A) - Horizontally, under shoulder blades.

Waist (B) - Horizontally, fullest part of the waist.

Total Length (C) - Vertically, from back of the neck down to knee level.

*All sizes are in inches

Women's Work Jacket	XS	S	M	L	XL	2XL	3XL	4XL							
Chest	37	39	41	43	45	47	49	51							
Waist	36	38	40	42	44	46	48	50							
Total Length	34	34	35	35	36	36	37	37							

Chest (A) - Horizontally, under shoulder blades.

Waist (B) - Horizontally, fullest part of the waist.

Total Length (C) - Vertically, from back of the neck down to knee level.

*All sizes are in inches

Women's Work Pants	26	28	30	32	34	36	38	40	42	44	46	48	50	52	
Waist	Stretch	28	30	32	34	36	38	40	42	44	46	48	50	52	54
	Relax	23	25	27	29	31	33	34	36	38	40	42	44	46	47
Total Length	39	40	40	41	41	42	42	43	43	44	44	45	45	45.5	

Chest (A) - Horizontally, under shoulder blades.

Waist (B) - Horizontally, fullest part of the waist.

Total Length (C) - Vertically, from back of the neck down to knee level.

*All sizes are in inches