

# THIS IS HOW YOU FIND THE RIGHT SIZE!

Take your measurements according to the instructions below. Wear close fitting underwear when measuring. Width is measured around circumference. Check the sizes available in each garment before ordering. Not every size is made in each model.

## HOW TO TAKE YOUR MEASUREMENTS

### A Chest

Measure horizontally across the widest part of the chest/bust. Make sure you keep the tape measure straight across your back.

### B Waist

Men and children: Measure horizontally at navel height. Women: Measure horizontally across the narrowest part of the waist.

### C Hip

Measure horizontally across the broadest part of the hip.

### D Inside leg

Measure from crotch to just below the ankle bone. Make sure you keep the tape measure straight.



MEN'S SIZES

REGULAR

Normal waist	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68	C70
UK regular men	28R	30R	32R	33R	34R	36R	38R	40R	42R	44R	46R	48R	50R	52R	54R
B. Waist*	28 4/8	30 1/8	31 5/8	33 2/8	34 6/8	36 2/8	38 2/8	40 2/8	42 2/8	44 2/8	46 2/8	48 2/8	50 4/8	52 6/8	54 7/8
D. Inseam	30 2/8	30 5/8	31 1/8	31 4/8	31 7/8	32 2/8	32 5/8	33 1/8	33 1/8	33 4/8	33 4/8	33 4/8	33 4/8	33 4/8	33 4/8

SHORT

Bigger waist	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128	D132	D136
UK short men	30S	32S	34S	36S	37S	39S	41S	43S	45S	47S	49S	51S	53S	55S
B. Waist*	30 7/8	32 4/8	34 0	35 5/8	37 1/8	38 5/8	40 5/8	42 5/8	44 5/8	46 5/8	48 5/8	50 5/8	52 7/8	55 1/8
D. Inseam	29 4/8	29 4/8	29 6/8	30 1/8	30 3/8	30 6/8	31 1/8	31 5/8	31 5/8	32	32	32	32	32

LONG

Longer inseam	C146	C148	C150	C152	C154	C156	C158
UK long men	32L	33L	34L	36L	38L	40L	42L
B. Waist*	31 5/8	33 2/8	34 6/8	36 2/8	38 2/8	40 2/8	42 2/8
D. Inseam	32 7/8	33 2/8	33 4/8	33 7/8	34 2/8	34 6/8	35 1/8

TOPS

Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
A: Chest	33-34½	35-36	37½-39	40-41	42½-44	45-46	47-48½	49-50	52-53½	54-55
B: Waist	28½-30	30½-31½	33-34½	35-36	38-40	41-42	44-46	47-48	50-52½	53-55

\* Choose the size of your trousers based on your waist width. You measure your waist width where you carry your trousers. To ensure optimal fit Blåkläder suggest always trying on the garment before purchase.

WOMEN'S SIZES

REGULAR

Normal waist	C30	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52
UK R-size ladies	2R	4R	6R	8R	10R	12R	14R	16R	18R	20R	22R	24R
A. Chest		29 1	31 4/5	33 1/8	34 6/8	36 2/8	37 7/8	39 3/8	40 1	43 3/8	45 6/8	48 1/8
B. Waist		24 3/8	25 7/8	27 4/8	29 1/8	30 6/8	32 3/8	33 7/8	35 4/8	37 1/8	39 3/8	41 6/8
C. Low hip/seat*		33 3/8	34 7/8	36 3/8	37 7/8	39 0	40 1/8	40 6/8	43 3/8	45 3/8	47 3/8	49 3/8
D. Inseam		29 7/8	30 3/8	30 6/8	31 1/8	31 4/8	31 7/8	32 3/8	32 3/8	32 3/8	32 3/8	32 3/8

REGULAR

Bigger waist/seat	D18	D19	D20	D21	D22	D23	D24	D25	C52
UK S-size ladies	10S	12S	14S	16S	18S	20S	22S	24S	26S
A. Chest	84	34 6/8	36 2/8	37 7/8	39 3/8	40 1	43 3/8	45 6/8	48 1/8
B. Waist	73	30 3/8	31 1	33 5/8	35 1/8	36 6/8	38 3/8	40 5/8	42 1
C. Low hip/seat*	99	40 2/8	41 3/8	42 4/9	44 1/8	45 6/8	47 6/8	49 6/8	51 6/8
D. Inseam	74	29 4/8	29 6/8	30 1/8	30 3/8	30 3/8	30 3/8	30 3/8	30 3/8

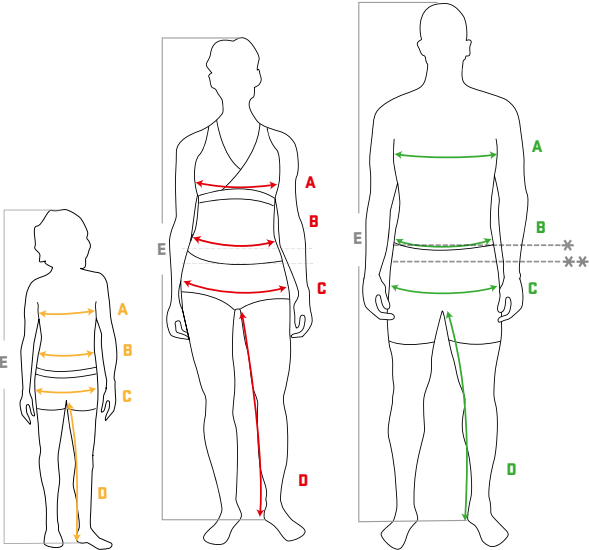
\* Choose the size of your trousers based on your seat width. Measure the widest part on your body. To ensure optimal fit Blåkläder suggest always trying on the garment before purchase.

CHILDREN'S SIZES

UK inches	41	46	50	55	60	64
Swedish size	98-104	110-116	122-128	134-140	146-152	158-164
Age	4	6	8	10	12	14
B Waist	20	21	22	22	25	26
D Inside leg	16	19	22	25	28	30

SHOE SIZES

UK inches	5	6	6,5	7	8	9	9,5	10	11	12	13
EU size	38	39	40	41	42	43	44	45	46	47	48





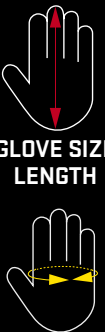
# GLOVE SIZES

Remember it is important to choose the right size of gloves for your hands. Gloves that are too large may pose a safety risk and affect your grip. Gloves that are too small may be less comfortable and have a poor ergonomic fit. Use the chart to help you choose the right size of gloves for your hands.

Two things you should consider regarding size and measurement are:

- The circumference of your hand
- The length of your hand

Using a soft tape measure and with your hand open, measure the circumference of your hand around the knuckles. Measure the length of your hand from the line of your wrist to the tip of your middle finger.

 <p><b>GLOVE SIZE LENGTH</b></p> <p><b>GLOVE SIZE CIRCUMFERENCE</b></p>	GLOVE SIZE	CIRCUMFERENCE	LENGTH (MM)	GLOVE MINIMUM LENGTH (MM)
	6	152	160	220
	7	178	171	230
	8	203	182	240
	9	229	192	250
	10	254	204	260
	11	279	215	270





# SIZE TABLE

## -BLÅKLÄDER SAFETY SHOES

### HOW TO MEASURE YOUR FEET

To measure your feet in the simplest way, you need a wall, a piece of paper, a pencil and something to measure with, for example a measuring tape or a ruler.

1. Place the paper edge to edge with the wall and make sure there is no space between the wall and the paper.
2. Place the paper edge to edge with the wall and make sure there is no space between the wall and the paper.
3. Put a mark on the paper where your longest toe ends. Do this for both feet.
4. Use the measuring tape or ruler to measure, from the edge of the paper to the mark you made.  
Now you know your foot length!

### HOW TO CHOOSE THE RIGHT SHOE SIZE

1. Start from the foot length of your longest foot. It is common to have different sizes of feet and if you start from the longest, it is more likely that the shoes will fit for both your feet.
2. Add a 5-20 mm to get some space in front of the toes. How much you should add varies depending on the shoe model and how much space you want in the shoe. Also keep in mind that your feet swell a little during the day.

SIZE EUR	SIZE UK	SIZE USA	INSIDE LENGHT OF SHOE MM
35	2	3	235
36	3	4	242
37	4	5	249
38	5	6	256
39	6	7	262
40	6,5	7,5	269
41	7	8	276
42	8	9	283
43	9	10	289
44	9,5	10,5	295
45	10	11	303
46	11	12	309
47	12	13	316
48	13	14	325