



# SIZING CHART

Body Measurements (not garment measurements)

**Jackets, Coveralls, Overalls** (Tall in Coveralls are 2 inches longer in the torso and 1 inch longer in the sleeves and legs)

	XXS	XS	S		M		L		XL		2XL		3XL		4XL		5XL		6XL		7XL	
Size	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
Chest	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
Waist	25	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
Arms	32		33		34		35		36		37		38		39		40		41		42	
Hip	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72

**Pants** (Overalls are sized based on chest measurements)

	XXS	XS	S		M		L		XL		2XL		3XL		4XL		5XL		6XL		7XL	
Size	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
Hip	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
Inseam	30.5		31		31.5		32		32.5		33		33.5		34		34.5		35		35.5	

**Shirts** (Select size by neck for closed collar shirts, by chest for open collar shirts)

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Neck	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5	20-20.5	21-21.5	22-22.5	23-23.5
Chest	32	34	38	42	46	50	54	58	62	66	70
Sleeve	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38

### Measurement Directions:

- Neck: Measure around the base of your neck; round up to the next half-inch.
- Chest: Measure around your chest, under the arms, and across the shoulder blades, over a shirt. If stomach is larger than chest; choose the larger size.
- Waist: Measure around your waist at the level you normally wear your pants, over a shirt.
- Hip: Standing with feet together, measure around the widest part of your hips, parallel to the floor.
- Inseam: Measure a good-fitting pair of pants along the inseam, from crotch seam to bottom edge of cuff.
- Sleeve: Bend arm and place fist on hip. Measure from center back of your neck, across shoulder, and down arm to elbow and then to your wrist. This is your sleeve length.

For working garments, measure liberally to find your size, as you need freedom of movement.

