



How to Measure Workwear for Men

- NECK**
Measure around lowest part of neck. Allow for 1-2 fingers of space between the body and neck.
- CHEST**
Measure around largest part of the chest with arms at sides.
- WAIST**
Measure at natural waistline
- HIPS**
Measure at fullest part of the hips while standing upright.
- INSIDE LEG**
Measure from crotch to heel of shoe



INDUSTRIAL WORKWEAR SIZE CHART

Men's Sizes (cm)			
Sizes	Chest	Waist	Seat
XS	94-97	82-85	98-101
S	98-101	86-89	102-105
M	102-105	90-94	106-109
L	106-109	95-99	110-113
XL	110-113	100-104	114-117



How to Measure Workwear for Women

- NECK**
Measure around lowest part of neck. Allow for 1-2 fingers of space between the body and neck.
- BUST**
Measure around fullest part of the chest and shoulder blades (tape under the arms) with arms at sides.
- NATURAL WAIST**
Measure about 1cm below your navel.
- LOWER WAIST**
Measure approximately 4cm below your natural waistline
- HIPS**
Measure at fullest part of the hips while standing upright.
- INSEAM**
Measure from crotch to heel of shoe.

Women's Sizes (cm)			
Sizes	Bust	Waist	Hips
XS	78-81	63-65	88-91
S	82-85	66-69	92-95
M	86-89	70-73	96-98
L	90-93	74-77	99-100
XL	94-97	78-81	102-104

OVERALLS, ROUGHALLS, BIB OVERALLS, TROUSERS & SHORTS - REGULAR

METRIC SIZE	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R	137R	142R
IMPERIAL SIZE	3	4	5	6	7	8	9	10	11	12	13	14	15	16
To Fit Waist (cm)	72	77	82	87	92	97	102	107	112	117	122	127	132	137
To Fit Chest (cm)	82	87	92	97	102	107	112	117	122	127	132	137	142	147
Trouser Inleg (cm)	75	76	77	78	79	80	81	82	82	82	82	82	82	82

WORKSHIRTS & UTILITY SHIRTS

MULTI SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To Fit Chest (cm)	87	92	100	110	120	130	138	146	154	162

TROUSERS & SHORTS | REGULAR

WAIST METRIC SIZE	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R
To Fit Waist (cm)	72	77	82	87	92	97	102	107	112	117	122	127	132
Body Inleg (cm)	82	82	82	82	82	82	82	82	82.5	82.5	82.5	82.5	82.5

STANDARD SIZES FOR MEN'S COVERALLS

REGULAR SIZE (cm)	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R
To Fit Waist (cm)	67	72	77	82	87	92	97	102	107	112	117	122	127
To Fit Chest (cm)	77	82	87	92	97	102	107	112	117	122	127	132	137
COVERALL In-leg Meas. (cm)	72	72	74	76	78	80	82	82	82	82	82	82	82

WOMEN'S WEAR

MULTI SIZE	2XS	XS	S	M	L	XL	2XL	3XL			
SIZE	6	8	10	12	14	16	18	20	22	24	26
To Fit Bust (cm)	82	87	92	97	102	107	112	117	122	127	132
To Fit Waist (cm)	65	70	75	80	85	90	95	100	105	110	115
To Fit Hip (cm)	90	95	100	105	110	115	120	125	130	135	140

TROUSERS | REGULAR

METRIC SIZE	82R	87R	92R	97R	102R	107R	112R	117R	122R
IMPERIAL SIZE	4	5	6	7	8	9	10	11	12
To Fit Waist (cm)	82	87	92	97	102	107	112	117	122
Inleg (cm)	82	82	82	82	82	82	82	82	82.5

WOMEN'S SIZE CHART - SHIRTS

ALL UPPER/LOWER GARMENT	XS	S	M	L	XL					
SIZE	6	8	10	12	14	16	18	20	22	24
To Fit Bust (cm)	80	85	90	95	100	105	110	115	120	125
To Fit Waist 2cm below Belly Button	69	74	79	84	89	95	101	107	113	119
To Fit Hip (cm)	88	93	98	103	108	113	118	123	128	133

Heavy-duty. Durable. Safe

AlSCO offers a wide range of long-lasting, high-performance industrial workwear to protect your staff. **View the range and get a quick quote**