

# Measurement Guide

If ordering Unisex Tops for Ladies  
(Polo Shirts, Sweatshirts, Fleece Jackets, T Shirts and Hi Vis Jackets)

Size	XS	S	M	L	XL	2XL	3XL	4XL
UK Dress Size	8 - 12	14	16	18	20	22	24	26
To Fit Bust (inches)	30 - 34	36	38	40	42	44	46	48
To Fit bust (cm)	76 - 86	92	97	102	107	112	117	122

If ordering Unisex trousers for Ladies

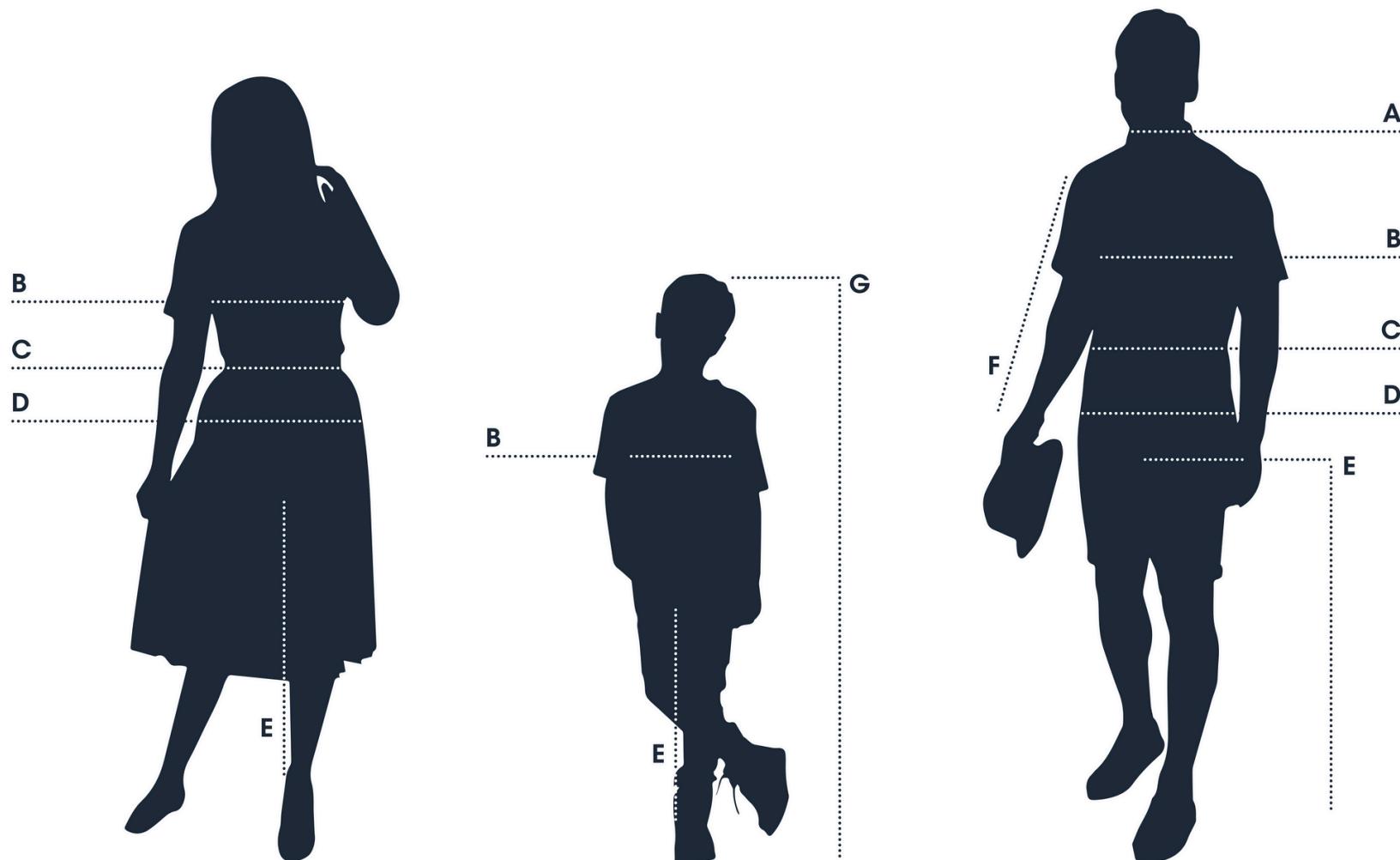
Size	XS	S	M	L	XL	2XL	3XL	4XL
UK Dress Size	10 - 12	14	16	18	20	22	24	26
Waist Size (inches)	28	30	32	34	36	38	40	42
Waist Size (cm)	71	76	81	86	92	97	102	107
Regular Inside Leg (inches)	31	31	31	31	31	31	31	31
Long Inside Leg (inches)	33	33	33	33	33	33	33	33

## A SIZE GUIDE ON HOW TO MEASURE YOUR BODY

Please find below the guide-lines on accurate body measurements to determine the correct clothing sizes.

All our garments are produced with sufficient allowance for comfortable movement.

For actual garment measurements, do refer to our specification sheet which you will find on the website.



## HOW TO MEASURE

- A Collar:** measure around the base of the neck
- B Male Chest:** place a measuring tape 2.5cm below underarm around the widest part of your chest  
Female Bust: place a measuring tape around your widest part of your chest  
Child Chest: place a measuring tape 2.5cm below the underarm around child's chest
- C Waist line:** place a measuring tape at the natural waist of your body

- D Hip Line:** place a measuring tape at the widest part of your hips, it is approximately 20 - 22cm below your natural waist
- E Leg length:** place a measuring tape along your inner thigh and measure from crotch to the bottom of your heel
- F Sleeve length:** place a measuring tape along superior side of your arm. Measure from your shoulder bone down to top of your wrist
- G Child height:** standing straight with bare feet, measure from the top of the head down to floor