

# Sizing Chart / Instructions

## General Measuring Guidelines

**TRY THE GARMENT ON!** The best way to insure a proper fit is to try on a sizing sample of the actual garment to be worn. It is better if the garment has been washed to allow for shrinkage, especially with 100% cotton products. If you change suppliers or brands, it is suggested that you repeat this process.

**Consider:** Upsizing if you intend to wear garments over street clothes (coveralls, jumpsuits).

## Important...

- Always have *someone else* take the measurements.
- Hold the tape straight and snug, *but not tight*.
- If the measurement falls between two sizes, *order the larger size*.
- The tape should always be *placed exactly* on those body parts illustrated at right.

### TROUSERS

Measure a pair of well-fitting pants along the *inseam* from the *crotch* seam to the bottom of leg or cuff for correct size.



### BELTLINE

Measure a pair of well-fitting pants around the waist. The number of even inches measured is the correct size.



### SLEEVES

Measure from the middle of the back at the neck, to the elbow point and then to the wrist bone for the correct size.



### JACKETS & COATS

Measure from the base of the collar to the bottom of hem for correct length.



### For Coveralls and Jumpsuits:

Short: 5'6" and Under  
Regular: 5'7" to 6'0"  
Tall: 6'1/2" to 6'3"

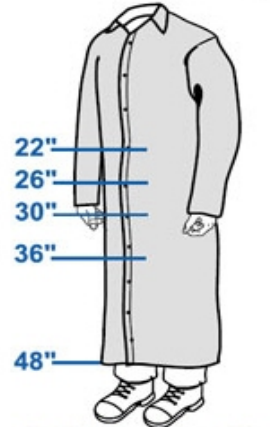
### Pants:

Waist Sizes: 28" thru 54"  
Inseams: 30" thru 36"  
Standard Inseam: 32"

## Size Chart (Chest Dimensions)

Coveralls  
Cape Sleeves  
Jackets  
Shirts

X-Small	30 - 32
Small	34 - 36
Medium	38 - 40
Large	42 - 44
X-Large	46 - 48
2XL	50 - 52
3XL	54 - 56
4XL	58 - 60
5XL	62 - 64
6XL	66 - 68



Jacket/Coat Lengths

Class Color	Glove Label	Proof Test Voltage AC/DC	Max Use Voltage AC/DC
00 Beige		2,500/10,000	500/750
0 Red		5,000/20,000	1,000/1,500
1 White		10,000/40,000	7,500/11,250
2 Yellow		20,000/50,000	17,000/25,500

\* Max use DC Voltage is not included in ASTM Specification. Max use DC voltages are valid in references to IEC 903 only

## Typical Applications

- Maintenance Technicians working in Amusement parks, Hospitals, Water Plants, Manufacturing Plants, Office Buildings, and Schools
- Electricians
- Maintenance and Electrical Supervisors
- Machine Operators Maintenance Millwrights and Mechanics
- HVAC Technicians
- Transportation- Primarily rail
- Elevator Installers and Repairers
- Field Service Technicians

## Standards Specification Reference

OSHA Regulations	<b>29CFR part 1910-</b> Occupational Safety and Health Standards
ASTM Standards	<b>ASTM D 120-02a-</b> Rubber Insulating Gloves
	<b>ASTM- F496-06-</b> In-Services Care of Insulating Gloves and Sleeves
	<b>ASTM F696-02-</b> Leather Protectors for Rubber Insulating Gloves and Mittens
NFPA Standards	<b>ASTM F1236-96-</b> Visual Inspection of Electrical Protective Rubber Products
	<b>National Electric Safety Code-</b> Utilities
	<b>NFPA 70E-</b> Electrical Safety in the Workplace- General Workplaces

## NFPA 70E 2004 Equipment Requirements (proposed)

Category	Energy Level	Typical Personal Protective Equipment Required (NFPA-70E)
0	<2 cal / cm <sup>2</sup>	Non-Melting flammable materials
1	4 cal / cm <sup>2</sup>	Fire Resistant (FR) shirt and FR pants
2	8 cal / cm <sup>2</sup>	FR shirt, FR pants, cotton underwear
3	25 cal / cm <sup>2</sup>	2 layer FR clothing, cotton underwear
4	40 cal / cm <sup>2</sup>	FR Shirt, FR pants, multi layer flash suit, cotton underwear

### Other:

**Face Protection: Face Shield and/or safety glasses**

**Hand Protection: Leather over Rubber for Arc Flash Protection**

**Leather Work Boots above 4 cal / cm<sup>2</sup>**

