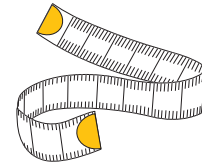


# Sizing Guide



Since a good fit is vital to safety and comfort, we recommend that you use the sizing guidelines to select the correct size of garments. All the garments in the ranges are designed to allow you to do your job while they do theirs! It is advisable to take your body measurements over light clothing. The sizes are guidelines as manufacturing tolerances may vary.

## BUST

Take the measurement across the fullest part and over the shoulder blades, with your arms by your side. YOUR BRA SIZE MAY NOT REFLECT YOUR TRUE BUST MEASUREMENT.

## WAIST

Around the smallest part of the body at the natural waistline.

## HIPS

Around the fullest part of the body, approximately 8" below the waist

## INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.

## IMPORTANT

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.



## COLLAR

Place the tape approximately 1.5" above the collarbone. Ensure a proper fit by inserting two fingers in the tape, or add 0.5" to the actual measurement.

## CHEST

Take the measurement across fullest part and over the shoulder blades, with your arms by your side.

## WAIST

Remove belt and place the tape over the trouser at the natural waistline.

## INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.

## IMPORTANT

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.

<b>Men's Garments</b>					
	S	M	L	XL	XXL
Chest	36-38"	39-41"	42-44"	45-47"	48-50"
Waist	28-30"	31-33"	34-36"	37-39"	40-42"

<b>Women's Garments</b>					
	10	12	14	16	18
Chest	34"	36"	38"	40"	42"
Waist	26"	27.5"	29"	31"	32"

<b>Men's Garments</b>						
	S	M	L	XL	XXL	XXXL
Chest	40-42"	42-44"	44-46"	46-48"	48-50"	50-52"
Waist	30"	32"	34"	36"	38"	40"

<b>Women's Garments</b>						
	10	12	14	16	18	20
Chest	34"	36"	38"	40"	42"	44"
Waist	29"	31"	33"	35"	37"	39"

<b>Men's Garments</b>						
	S	M	L	XL	XXL	XXXL
Chest	38"	40"	42"	44"	47"	50"
Waist	32"	33-34"	36"	38-40"	42-44"	46-48"

<b>Women's Garments</b>						
	10	12	14	16	18	20
Chest	34"	36"	38"	40"	42"	44"
Waist	26"	28"	30"	32"	34"	36"

<b>Men's Garments</b>						
	S	M	L	XL	XXL	
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	
Waist	28" 30" 32" 34" 36" 38" 40½" 43" 45½" 48"					

<b>Men's Garments</b>					
	S	M	L	XL	XXL
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"
Waist	30" - 32" - 34" - 36" - 38" - 40" - 42" - 44" - 46"				

<b>Men's Garments</b>					
	S	M	L	XL	XXL
Chest	37"-39"	40"-43"	44"-46"	47"-49"	50"-53"
Waist	30"-31"	31"-33"	33"-35"	35"-36"	36"-38"

<b>Garments - Unisex</b>						
	S	M	L	XL	XXL	XXXL
Chest	34"-37"	36"-40"	40"-43"	43"-46"	46"-50"	50"-53"
Height	5'4"-5'6"	5'6"-5'8"	5'8"-5'10"	5'10"-6'2"	6'2"-6'4"	6'4"-6'6"

<b>Sizing Details - Unisex</b>							
	XS	S	M	L	XL	XXL	XXXL
Chest	30-32"	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"
Waist	26-28"	28-30"	32-34"	36-38"	40-42"	44-46"	48-50"

<b>Arco Ranges Women's Sizing Guide</b>										
Ladies	8	10	12	14	16	18	20	22	24	26
Chest	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"
Waist	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"

**CARING FOR YOUR CLOTHING**

Please take time to find the label inside each of the clothing items which show the appropriate care instructions.

Use this guide to help you care for your garments, to ensure they look smarter for longer.

CLOTHING CARE GUIDE					
DRY CLEANING		Do Not Dry Clean		Specialist Dry Clean Only	
WASHING		Do Not Wash		Hand Wash	
BLEACHING & CHLORINE		Do Not Bleach		Bleach OK	
IRONING		Do Not Iron		Cool Iron	
DRYING		No Tumble		Low Tumble	