Xpert Workwear - Size Guide

'To fit' = your actual body measurement, taken close to the body

Measuring yourself

Chest: below the armpits, around the widest part of the chest.
Waist: just below the navel, above the hips.
Leg: crotch to ankle, where the trouser normally sits on the shoe.
Height (children): head to toe, to choose the age group.
Use a tailor's tape, neat but not tight. If unsure or between two sizes, order one size larger.

Upper garments

Size	Chest (in)	Chest (cm)	Waist (in)	Waist (cm)
XS	36 - 38	92 - 96	28 - 30	70 - 77
S	39 - 40	98 - 102	31 - 33	78 - 84
M	41 - 42	104 - 108	34 - 36	85 - 91
L	43 - 45	110 - 114	37 - 39	92 - 99
XL	46 - 47	116 - 120	40 - 42	100 - 107
XXL	48 - 50	122 - 127	43 - 45	108 - 114
3XL	51 - 53	129 - 134	46 - 48	115 - 121

Trousers & shorts - waist

Waist size	To fit waist (in)	To fit waist (cm)
28"	26 - 28	66 - 71
30"	28 - 30	72 - 76
32"	30 - 32	77 - 81
34"	32 - 34	82 - 86
36"	34 - 36	87 - 91
38"	36 - 38	92 - 96
40"	38 - 40	97 - 101
42"	40 - 42	102 - 106
44"	42 - 44	107 - 111

Trousers & shorts - leg length

Leg	Inside leg (in)	Inside leg (cm)
Short (S - 29")	28 - 29	71 - 75
Regular (R - 31")	30 - 31	76 - 80
Tall (T - 33")	32 - 33	81 - 85

Coveralls

Inside leg on every coverall size: 30 - 31 in (76 - 80 cm).

Size	Chest (in)	Chest (cm)	Waist (in)	Waist (cm)
36"	35 - 36	88 - 92	29 - 30	72 - 76
38"	37 - 38	93 - 97	31 - 32	77 - 81
40"	39 - 40	98 - 102	33 - 34	82 - 86
42"	41 - 42	103 - 107	35 - 36	87 - 91
44"	43 - 44	108 - 112	37 - 38	92 - 96
46"	45 - 46	113 - 117	39 - 40	97 - 101
48"	47 - 48	118 - 122	41 - 42	102 - 106
50"	49 - 50	123 - 127	43 - 44	107 - 111
52"	51 - 52	128 - 132	45 - 46	112 - 116
54"	53 - 54	133 - 137	47 - 48	117 - 121

Waterproof workwear

Inside leg on every waterproof size: 30 - 31 in (76 - 80 cm). To suit height: 164 - 176 cm.

Size	Chest (in)	Chest (cm)	Waist (in)	Waist (cm)
XS	32 - 34	80 - 88	28 - 30	70 - 77
S	36 - 38	92 - 96	31 - 33	78 - 84
M	40 - 41	100 - 104	34 - 36	85 - 91
L	42 - 44	108 - 112	37 - 39	92 - 99
XL	46 - 48	116 - 124	40 - 42	100 - 107
XXL	50 - 52	128 - 132	43 - 45	108 - 114
3XL	54 - 55	136 - 140	46 - 48	115 - 121

Junior upper garments

Age	Height (cm)	Chest (in)	Chest (cm)	Waist (in)	Waist (cm)
3-4	104	22	56	20.5	52
5-6	116	24.5	62	22	56
7-8	128	27	68	23.5	60
9-10	140	29	74	25	64
11-12	152	31.5	80	26.5	68
13-14	164	34	86	28	72

Junior trousers

Age	Height (cm)	Waist (in)	Waist (cm)	Inside leg (in)	Inside leg (cm)
3-4	104	20.5	52	17	43
5-6	116	22	56	19.5	49
7-8	128	23.5	60	21.5	55
9-10	140	25	64	24	61
11-12	152	26.5	68	26.5	67
13-14	164	28	72	28.5	73

Source: Xpert Workwear official size guide (xpertworkwear.com/size-guide).