

# SIZING GUIDE

(Sizes are guidelines as manufacturing tolerances may vary)

# ROKWEAR

## How to ensure the perfect fit for your Workwear

Comfort is more than selecting the most durable materials and quality design – it's also about choosing the perfect fit for each garment. The following guidance will support you to find your ideal size. We recommend taking measurements over light clothing, to get the most accurate results.

### Male

**Chest:** With your arms loosely held at the side, measure across the fullest area of the chest, over the shoulder blades.

**Waist:** Measure around your trousers at your natural waistline, without a belt.

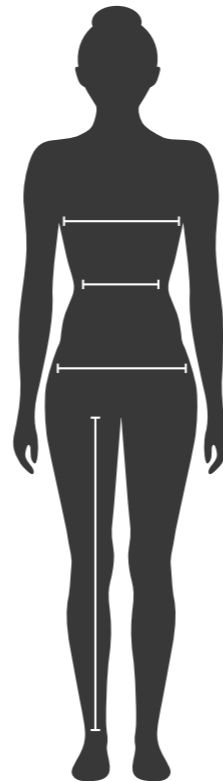
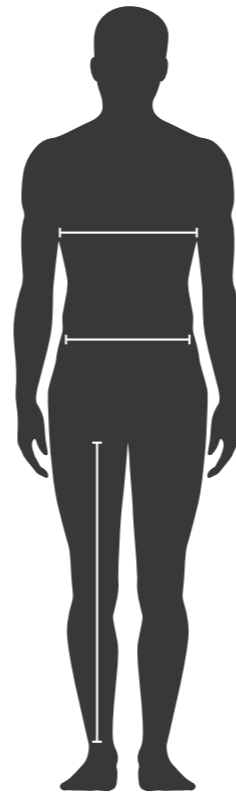
**Inside leg:** Measure a straight line from the seam of the crotch down to the hem of the trousers, where they sit above your shoe, or simply measure the length of well-fitting trousers from crotch to hemline.

### Female

**Bust:** Take measurements over the shoulder blades and the fullest area, while keeping your arms relaxed by your side. Don't rely on your bra size; it's more accurate to take a true measurement.

**Waist:** Locate your natural waistline, and measure around the smallest area of your midsection.

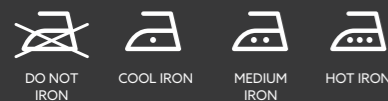
**Hips:** Starting at approximately 8 inches below your waistline, measure the fullest area of your hips for the most accurate data.



## Caring for your garments

Another key element impacting comfort is how you take care of your clothing. Please check the label on each item and follow the recommended care guidance, to keep your garments at their best.

#### Ironing



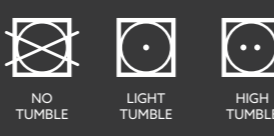
#### Washing



#### Dry Cleaning



#### Drying



#### Workwear Upper Garments

Includes: T-shirts, Polo Shirts, Sweatshirts, Fleece Jackets, Softshell Jackets, Bomber Jackets

|                | XS        | S          | M           | L           | XL        | 2XL     | 3XL     | 4XL     | 5XL       | 6XL         |
|----------------|-----------|------------|-------------|-------------|-----------|---------|---------|---------|-----------|-------------|
| Chest (Inches) | 36-38     | 38-40      | 40-42       | 42-44       | 44-46     | 46-48   | 52-54   | 56-58   | 60-62     | 64-66       |
| Chest (CM)     | 91.5-96.5 | 96.5-101.5 | 101.5-106.5 | 106.5-111.5 | 111.5-117 | 117-122 | 132-137 | 142-147 | 152-157.5 | 162.5-167.5 |

#### Workwear Trousers

|                | XS | S  | M  | L  | XL | 2XL | 3XL | 4XL | 5XL | 6XL |
|----------------|----|----|----|----|----|-----|-----|-----|-----|-----|
| Waist (Inches) | 28 | 30 | 32 | 34 | 36 | 38  | 40  | 42  | 44  | 46  |
| Waist (CM)     | 71 | 76 | 81 | 86 | 92 | 97  | 102 | 107 | 112 | 117 |

Trousers come in 3 leg lengths, Short 29" (73.5cm), Regular 31" (79cm) and Tall 33" (84cm)

#### Hi-Vis Outerwear

|                | S          | M           | L           | XL        | 2XL     | 3XL     | 4XL     | 5XL       | 6XL         |
|----------------|------------|-------------|-------------|-----------|---------|---------|---------|-----------|-------------|
| Chest (Inches) | 38-40      | 40-42       | 42-44       | 44-46     | 46-48   | 52-54   | 56-58   | 60-62     | 64-66       |
| Chest (CM)     | 96.5-101.5 | 101.5-106.5 | 106.5-111.5 | 111.5-117 | 117-122 | 132-137 | 142-147 | 152-157.5 | 162.5-167.5 |

#### Hi-Vis Tops

Includes: Waistcoats, T-shirts, Polo Shirts, Sweatshirts, Fleece Jackets & Softshell Jackets

|                | S          | M           | L           | XL        | 2XL     | 3XL     | 4XL     | 5XL     | 6XL         |
|----------------|------------|-------------|-------------|-----------|---------|---------|---------|---------|-------------|
| Chest (Inches) | 38-40      | 40-42       | 42-44       | 44-46     | 46-48   | 50-52   | 54-56   | 58-60   | 62-64       |
| Chest (CM)     | 96.5-101.5 | 101.5-106.5 | 106.5-111.5 | 111.5-117 | 117-122 | 127-132 | 137-142 | 147-152 | 157.5-162.5 |

#### Hi-Vis Trousers

|                | XS | S  | M  | L  | XL | 2XL | 3XL | 4XL | 5XL | 6XL | 7XL | 8XL | 9XL | 10XL |
|----------------|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Waist (Inches) | 28 | 30 | 32 | 34 | 36 | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54   |
| Waist (CM)     | 71 | 76 | 81 | 86 | 92 | 97  | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137  |

Trousers come in 3 leg lengths, Short 29" (73.5cm), Regular 31" (79cm) and Tall 33" (84cm)

#### Workwear Upper Garments

|                | XXS/6 | XS/8 | S/10 | M/12 | L/14 | XL/16 | 2XL/18 | 3XL/20 | 4XL/22 | 5XL/24 | 6XL/26 |
|----------------|-------|------|------|------|------|-------|--------|--------|--------|--------|--------|
| Chest (Inches) | 30    | 32   | 34   | 36   | 38   | 40    | 42     | 44     | 46     | 48     | 50     |
| Chest (CM)     | 76    | 81   | 86   | 92   | 97   | 102   | 107    | 112    | 117    | 122    | 127    |

#### Workwear Trousers

|                | XXS/6 | XS/8 | S/10 | M/12 | L/14 | XL/16 | 2XL/18 | 3XL/20 | 4XL/22 | 5XL/24 | 6XL/26 |
|----------------|-------|------|------|------|------|-------|--------|--------|--------|--------|--------|
| Waist (Inches) | 24    | 26   | 28   | 30   | 32   | 34    | 36     | 38     | 40     | 42     | 44     |
| Waist (CM)     | 61    | 66   | 71   | 76   | 81   | 86    | 92     | 97     | 102    | 107    | 112    |