

THIS IS HOW YOU FIND THE RIGHT SIZE!

Take your measurements according to the instructions below. Wear close fitting underwear when measuring. Width is measured around circumference. Check the sizes available in each garment before ordering. Not every size is made in each model.

HOW TO TAKE YOUR MEASUREMENTS

A Chest

Measure horizontally across the widest part of the chest/bust. Make sure you keep the tape measure straight across your back.

B Waist

Men and children: Measure horizontally at navel height. Women: Measure horizontally across the narrowest part of the waist.

C Hip

Measure horizontally across the broadest part of the hip.

D Inside leg

Measure from crotch to just below the ankle bone. Make sure you keep the tape measure straight.



MEN'S SIZES

| Normal waist and normal inseam E: Length 176-180 cm | XS | | S | M | | L | XL | | XXL | 3XL | | 4XL | 5XL | | 6XL |
|--|-----|-----|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|
| | C42 | C44 | C46 | C48 | C50 | C52 | C54 | C56 | C58 | C60 | C62 | C64 | C66 | C68 | C70 |
| Normal waist and long Inseam E: Length 182-186 cm | | | C146 | C148 | C150 | C152 | C154 | C156 | C158 | | | | | | |
| A. Chest | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 |
| B. Waist* | 72 | 76 | 80 | 84 | 88 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 128 | 134 | 140 |
| C. Seat | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 137 | 142 | 147 |
| D. Inseam normal | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 84 | 85 | 85 | 85 | 85 | 85 | 85 |
| D. Inseam long | | | 83 | 84 | 85 | 86 | 87 | 88 | 89 | | | | | | |

| Bigger waist and short inseam E: Length 170-174 cm | D84 | D88 | D92 | D96 | D100 | D104 | D108 | D112 | D116 | D120 | D124 | D128 | D132 | D136 |
|---|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|
| A. Chest | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 |
| B. Waist* | 78 | 82 | 86 | 90 | 94 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 134 | 140 |
| C. Seat | 90 | 94 | 98 | 102 | 106 | 110 | 114 | 118 | 122 | 126 | 130 | 134 | 139 | 144 |
| D. Inseam | 74 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 80 | 81 | 81 | 81 | 81 | 81 |

* Choose your size of trousers according to your seat-size. Measure where you are widest.
To ensure an optimal fit, Blåkläder suggests that you always try on the garment before you buy it

WOMEN'S SIZES

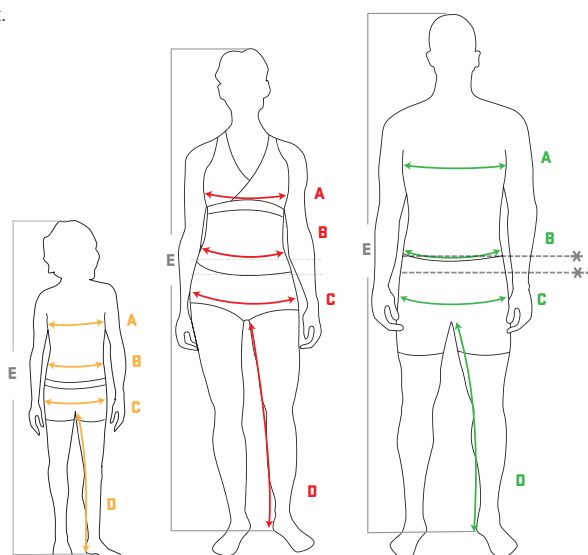
| Normal waist/seat and normal inseam E: Length 168 cm (± 4 cm) | XS | | S | | M | | L | XL | | XXL | 3XL | 4XL | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | C30 | C32 | C34 | C36 | C38 | C40 | C42 | C44 | C46 | C48 | C50 | C52 | C54 | C56 |
| A. Chest | 73 | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 110 | 116 | 122 | 128 | 134 |
| B. Waist | 62 | 65 | 68 | 71 | 74 | 78 | 82 | 86 | 90 | 95 | 101 | 107 | 113 | 119 |
| C. Seat** | 84 | 87 | 90 | 93 | 96 | 99 | 102 | 106 | 110 | 115 | 120 | 125 | 130 | 135 |
| D. Inseam | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 83 | 83 | 83 | 83 | 83 |

| Bigger waist/seat and short inseam E: Length 162 cm (± 4 cm) | D18 | D19 | D20 | D21 | D22 | D23 | D24 | D25 |
|---|-----|-----|-----|-----|-----|-----|-----|-----|
| A. Chest | 84 | 88 | 92 | 96 | 100 | 104 | 110 | 116 |
| B. Waist | 73 | 77 | 81 | 85 | 89 | 93 | 98 | 104 |
| C. Seat** | 99 | 102 | 105 | 108 | 112 | 116 | 121 | 126 |
| D. Inseam | 74 | 75 | 76 | 77 | 78 | 78 | 78 | 78 |

** Choose your size of trousers according to your seat-size. Measure where you are widest.
To ensure an optimal fit, Blåkläder suggests that you always try on the garment before you buy it.

KID'S SIZES

| Normal E: Centilong | 98-104 | 110-116 | 122-128 | 134-140 | 146-152 | 158-164 |
|------------------------|--------|---------|---------|---------|---------|---------|
| Year | 4 y | 6 y | 8 y | 10 y | 12 y | 14 y |
| A. Chest | 55 | 58 | 62 | 67 | 73 | 79 |
| B. Waist | 52 | 54 | 55 | 56 | 63 | 66 |
| C. Seat | 58 | 62 | 66 | 72 | 79 | 85 |
| D. Inseam | 40 | 48 | 56 | 63 | 70 | 77 |





GLOVE SIZES

Remember it is important to choose the right size of gloves for your hands. Gloves that are too large may pose a safety risk and affect your grip. Gloves that are too small may be less comfortable and have a poor ergonomic fit. Use the chart to help you choose the right size of gloves for your hands.

Two things you should consider regarding size and measurement are:

- The circumference of your hand
- The length of your hand

Using a soft tape measure and with your hand open, measure the circumference of your hand around the knuckles. Measure the length of your hand from the line of your wrist to the tip of your middle finger.

| | GLOVE SIZE | CIRCUMFERENCE | LENGTH (MM) | GLOVE MINIMUM LENGTH (MM) |
|---------------------------------|------------|---------------|-------------|---------------------------|
| <p>GLOVE SIZE LENGTH</p> | 6 | 152 | 160 | 220 |
| | 7 | 178 | 171 | 230 |
| <p>GLOVE SIZE CIRCUMFERENCE</p> | 8 | 203 | 182 | 240 |
| | 9 | 229 | 192 | 250 |
| | 10 | 254 | 204 | 260 |
| | 11 | 279 | 215 | 270 |



SIZE TABLE

-BLÅKLÄDER SAFETY SHOES

HOW TO MEASURE YOUR FEET

To measure your feet in the simplest way, you need a wall, a piece of paper, a pencil and something to measure with, for example a measuring tape or a ruler.

1. Place the paper edge to edge with the wall and make sure there is no space between the wall and the paper.
2. Place the paper edge to edge with the wall and make sure there is no space between the wall and the paper.
3. Put a mark on the paper where your longest toe ends. Do this for both feet.
4. Use the measuring tape or ruler to measure, from the edge of the paper to the mark you made.
Now you know your foot length!

HOW TO CHOOSE THE RIGHT SHOE SIZE

1. Start from the foot length of your longest foot. It is common to have different sizes of feet and if you start from the longest, it is more likely that the shoes will fit for both your feet.
2. Add a 5-20 mm to get some space in front of the toes. How much you should add varies depending on the shoe model and how much space you want in the shoe. Also keep in mind that your feet swell a little during the day.

| SIZE EUR | SIZE UK | SIZE USA | INSIDE LENGHT OF SHOE MM |
|----------|---------|----------|--------------------------|
| 35 | 2 | 3 | 235 |
| 36 | 3 | 4 | 242 |
| 37 | 4 | 5 | 249 |
| 38 | 5 | 6 | 256 |
| 39 | 6 | 7 | 262 |
| 40 | 6,5 | 7,5 | 269 |
| 41 | 7 | 8 | 276 |
| 42 | 8 | 9 | 283 |
| 43 | 9 | 10 | 289 |
| 44 | 9,5 | 10,5 | 295 |
| 45 | 10 | 11 | 303 |
| 46 | 11 | 12 | 309 |
| 47 | 12 | 13 | 316 |
| 48 | 13 | 14 | 325 |