

 HeathBrook®

SMART GUIDE: GARMENT & FOOTWEAR SIZING



SMART GUIDE: WORKWEAR CLOTHING SIZES FOR WOMEN



Note: this is just a guide, the manufacturer's sizing guide should always be used.

LADIES	CHEST	WAIST		METRIC	IMPERIAL
8	32"	26"		76	30"
10	34"	28"		80	32"
12	36"	30"		88	34"
14	38"	32"		92	36"
16	40"	34"		96	38"
18	42"	36"		100	40"
20	44"	38"		108	42"
22	46"	40"		112	44"
24	48"	42"		116	46"
26	50"	44"		124	48"
				128	50"
				132	52"
				136	54"

SMART GUIDE: WORKWEAR CLOTHING SIZES FOR MEN'S



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MENS	CHEST	COLLAR		METRIC	IMPERIAL
XS	30-32"	14"		76	30"
S	34-36"	14.5"		80	32"
M	38-40"	15.5"		88	34"
L	42-44"	16.5"		92	36"
XL	46-48"	17.5"		96	38"
2XL	50-52"	18.5"		100	40"
3XL	54-56"	19.5"		108	42"
4XL	58-60"	20.5"		112	44"
5XL	62-64"	21.5"		116	46"
				124	48"
				128	50"
				132	52"
				136	54"

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MENS	WAIST	SHORT	REGULAR	TALL
28	28"	29	32	35
30	30"	29	32	35
32	32"	29	32	35
34	34"	29	32	35
36	36"	29	32	35
38	38"	29	32	35
40	40"	29	32	35
42	42"	29	32	35
44	44"	29	32	35
46	46"	29	32	35
48	48"	29	32	35
50	50"	29	32	35
52	52"	29	32	35

Leg length will vary by manufacturer. We have used an Orn Sizing Guide to provide some guidance. Leg length is measured on the inside seam from crotch to hem. All measurements are in inches.

SMART GUIDE: FOOTWEAR SIZES



When it comes to comfort one of the key considerations has to be a good fitting shoe.

EUROPEAN	UK
34	1
35	2
36	3
37	4
38	5
39	6
41	7
42	8
43	9
44	10
46	11
47	12

EUROPEAN	UK
48	13
49	14
50	15
51	16

The majority of the shoes available in the UK are made in EU sizes. This is then converted into the equivalent UK size. The issue here is that these sizing systems aren't directly comparable.

The exact dimensions of a UK 7 (measured by foot length) as defined by ISO 19407 is 254mm, whereas an EU 40 is 253.3mm and an EU 41 is 260mm. As you can see, a UK 7 is somewhere in between, although much closer to an EU 40.

Additionally, to accommodate a foot length of 254mm (UK 7), the shoes internal length (or length of the last) would need to be between 261-273mm. The individual manufacturer will use this information to decide upon the appropriate size and/or conversion to use that will best suit their customer.

We always recommend trialing sizes to determine what is the best fit.