SIZE GUIDE

FOOD INDUSTRY GARMENTS

OVERALLS

SIZE	3	4	5	6	7	8	9	10	11
to fit Waist (cm)	67	72	77	82	87	92	97	102	107

SIZE	12	13	14	15	16	18	20	22	24
to fit Waist (cm)	112	117	122	127	132	142	152	162	172

SHIRT/JERKIN

SIZE	2XS	XS	S	M	L	XL	2XL	3XL	4XL
to fit Chest (cm)	82	87	92	97	102	110	118	126	134

SIZE	5XL	6XL	7XL	8XL	9XL
to fit Chest (cm)	142	150	158	162	170

TROUSERS

SIZE	2XS	XS	S	M	L	XL	2XL	3XL	4XL
to fit Waist (cm)	72	77	82	87	92	97	102	107	112

SIZE	5XL	6XL	7XL	8XL	9XL	10XL	11XL	12XL
to fit Waist (cm)	117	122	127	132	137	142	147	152

All measurements provided are approximate and intended for reference only. This size chart serves as a general guide, and actual sizing may vary depending on the garment's style, fabric, and fit.

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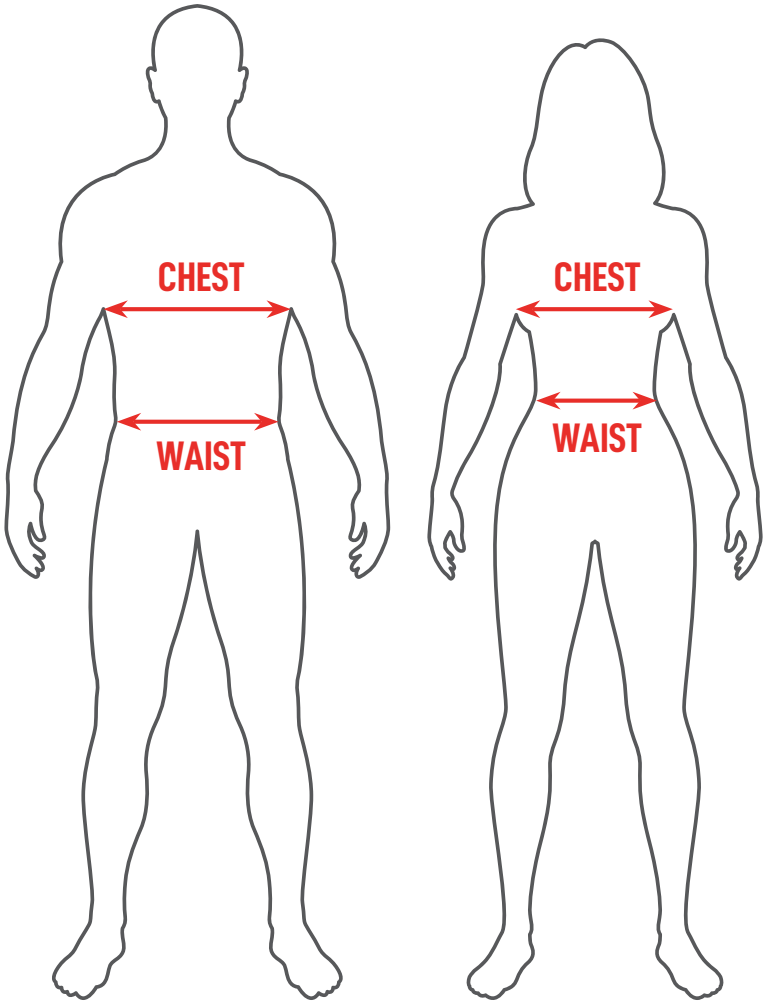
Measurements listed are approximate and intended as a general reference. This size chart should be used as a guide only, as actual sizing can vary depending on the style, fabric, and fit of the garment. King size garments incur a surcharge.



HOW TO MEASURE

CHEST: Standing naturally, measure around the fullest part of the chest and shoulder, under the arms with your arms at resting position.

WAIST: Measure over undergarments at the natural waistline. (usually approximately 1cm below the navel).