

# Sizing guide chart

A PRODUCT IS COMFORTABLE AND SAFE WHEN CHOSEN IN THE RIGHT SIZE. WE RECOMMEND YOU TO USE THE FOLLOWING SIZING CHART TO CHOOSE THE RIGHT GARMENT SIZE.



**A.** HEIGHT  
**B.** CHEST CIRCUMFERENCE  
**C.** WAIST CIRCUMFERENCE

## FUNCTIONAL CLOTHING

	42	44	46	48	50	52	54	56	58	60	62	64
<b>A. HEIGHT</b>	154-158	158-162	162-166	166-170	170-174	174-178	178-182	182-186	186-190	190-194	194-198	198-204
<b>B. CHEST CIRCUMFERENCE</b>	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122	122-126	126-130	130-134
<b>C. WAIST CIRCUMFERENCE</b>	74-78	78-82	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	84-90	90-96	96-102	102-108	108-114	114-120	120-126
<b>C. WAIST CIRCUMFERENCE</b>	72-78	78-84	84-90	90-96	96-102	102-108	108-114

## WINTER KNITWEAR

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	84-90	90-96	96-102	102-108	108-114	114-120	120-126

## SUMMER KNITWEAR

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	78-84	84-90	90-96	96-102	102-108	108-114	114-120

## WEATHER RESISTANT CLOTHING

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	84-90	90-96	96-102	102-108	108-114	114-120	120-126

## DISPOSABLE CHEMICAL PROTECTIVE CLOTHING

	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	96-104	104-112	112-118	118-126	126-132

## HIGH RISK

	42	44	46	48	50	52	54	56	58	60	62	64
<b>A. HEIGHT</b>	154-158	158-162	162-166	166-170	170-174	174-178	178-182	182-186	186-190	190-194	194-198	198-204
<b>B. CHEST CIRCUMFERENCE</b>	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122	122-126	126-130
<b>C. WAIST CIRCUMFERENCE</b>	74-78	78-82	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	84-90	90-96	96-102	102-108	108-114	114-120	120-126

## HIGH VISIBILITY

	42	44	46	48	50	52	54	56	58	60	62	64
<b>A. HEIGHT</b>	154-158	158-162	162-166	166-170	170-174	174-178	178-182	182-186	186-190	190-194	194-198	198-204
<b>B. CHEST CIRCUMFERENCE</b>	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122	122-126	126-130	130-134	134-138
<b>C. WAIST CIRCUMFERENCE</b>	74-78	78-82	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122

	XS	S	M	L	XL	2XL	3XL
<b>A. HEIGHT</b>	148-156	156-164	164-172	172-180	180-188	188-196	196-204
<b>B. CHEST CIRCUMFERENCE</b>	98-106	102-110	106-114	110-118	114-122	118-126	122-130

## WOMEN

	XS	S	M	L	XL
<b>A. HEIGHT</b>	154/172	158/176	162/180	166/184	170/188
<b>B. CHEST CIRCUMFERENCE</b>	78-84	84-90	90-96	96-102	102-108

## Protect those who protect you: care and washing instructions



THE HIGH QUALITY OF SIR SAFETY SYSTEM GARMENTS AND THE PERFORMANCE OF THE FABRICS ARE GUARANTEED BY SIR, BY FOLLOWING A FEW, SIMPLE GUIDELINES WHEN WASHING AND DRYING, THEIR CHARACTERISTICS WILL REMAIN UNCHANGED OVER TIME. THE DATA SHEETS AND THE LABELS INSIDE THE GARMENTS INDICATE, IN A CONCISE BUT DETAILED MANNER, HOW TO TAKE CARE OF THE GARMENTS, INDICATING THE MOST CORRECT WASHING METHOD IN ORDER TO PRESERVE THE CLOTHING AS NEW AND MAINTAIN THEIR PROTECTIVE CHARACTERISTICS. THE FOLLOWING TABLE SHOWS THE SYMBOLS AND THEIR MEANINGS FOR EASY READING AND QUICK UNDERSTANDING OF GARMENT LABELLING.

<b>DRY CLEANING</b>	DO NOT DRY CLEAN	DRY CLEAN ONLY NO TRICHLORIDE					
<b>WASHING</b>	DO NOT WASH	HAND WASH	WASH 30°	WASH 40°	WASH 60°		
<b>BLEACHING AND CHLORINE</b>	DO NOT BLEACH	BLEACH OK	DO NOT USE CHLORINE BLEACH	USE CHLORINE BLEACH			
<b>IRONING</b>	DO NOT IRON	COLD IRON	MEDIUM HOT IRON	HOT IRON			
<b>DRYING</b>	NO TUMBLE	LOW TUMBLE	MEDIUM TUMBLE	HANG TO DRY	DRY FLAT	HANG TO DRY IN THE SHADE	DRY FLAT IN THE SHADE
<b>INDUSTRIAL WASHING EN ISO 15795</b>	PRO						