

Sizing Guides

At Simply Hi Vis Clothing UK our workwear, clothing & footwear ranges are available in a wide variety of brands and have sizes to suit all customers. To help you select the correct size, we have a guide please be aware theta some sizes differ dependent on brands but as a guide you can find some approximate sizing guides below to assist you. Please aware that many workwear items such as vests, jackets and overt rousers are designed to be worn over normal clothing, and as such their sizes will often allow space for such garments.

Size Guides

Unisex and menswear

Alpha order size		XS	S		M		L		XL	
Collar order size	ins	13.5	14	14.5	15	15.5	16	16.5	17	17.5
Chest order size	ins	32	34	36	38	40	42	44	46	48
Waist order size	ins	26	28	30	32	34	36	38	40	42
Euro chest size		42	44	46	48	50	52	54	56	58
Euro waist size		36	38	40	42	44	46	48	50	52
Chest	ins	32	34	36	38	40	42	44	46	48

	cm	81.5	86.5	91.5	96.5	101.5	106.5	111.5	116.5	121.5	
Waist	ins	26	28	30	32	34	36	38	40	42	
	cm	66.5	71.5	76.5	81.5	86.5	91.5	96.5	101.5	106.5	
Alpha order size		2XL			3XL			4XL		5XL	
Collar order size	ins	18	18.5	19	19.5	20	20.5	21	21.5		
Chest order size	ins	50	52	54	56	58	60	62	64		
Waist order size	ins	44	46	48	50	52	54	56	58		
Euro chest size		60	62	64	66	68	70	72	74		
Euro waist size		54	56	58	60	62	64	66	68		
Chest	ins	50	52	54	56	58	60	62	64		
	cm	126.5	131.5	136.5	141.5	146.5	151.5	156.5	161.5		
Waist	ins	44	46	48	50	52	54	56	58		

	cm	111.5	116.5	121.5	126.5	131.5	136.5	141.5	146.5
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Size guide - Tunics, trousers, food trade and coats

order size					XS			S		M		L		XL	
Chest and waist size		cm	68	72	76	80	84	88	92	96	100	104	108	112	116
		ins	27	28.5	30	31.5	33	34.5	36	38	39.5	41	42.5	44	45

Size guide G – Women's wear

Alpha order size	XXS	XS	S		M		L		XL		2XL		3XL		4XL	
Dress order size	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Dress order size cm	76	80	84	88	92	96	100	104/108	112	116	120	124/128	132	136	140	144/148
Euro sizing	30	32	34	36	38	40	42	44	46	48	50	52	54	54/56		

Bust	ins	30	31	32	34	36	38	40	42	44	46	48	50	52	54	56	58
	cm	76	79	81.5	86.5	91.5	96.5	101.5	106.5	111.5	116.5	121.5	126.5	131.5	136.5	141.5	146.5
Waist	ins	24	25	26	28	30	32	34	36	38	40	42	44	46	48	50	52
	cm	61	63.5	66	71	76	81	86	91	96	101	106	111	116	121	126	132
Hips	ins	33	34	35	37	39	41	43	45	47	49	51	53	55	57	59	61
	cm	84	86.5	89	94	99	104	109	114	119	124	129	134	139	144	149	154

Size guide - Footwear

UK order size	2	3	4	5	6	7	8	9	10	11	12	13	14/15
Euro order size	34	36	37	38	39	41	42	43	44	46	47	48	49/50
FW148 and FW139	34	35	36	37	39	40	41	43	44	45	46	47	-

Chefswear

order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	25 - 29	31 - 35	37 - 41	43 - 47	49 - 53	55 - 59	61 - 65	67 - 71
	cm	64 - 74	79 - 89	94 - 104	109 - 119	124 - 134	139 - 149	154 - 164	169 - 179

Regatta

order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	36	38	40	42	44	47	50	53
	cms	92	97	102	107	112	119	127	134.5
Euro sizing		46	48	50	52-54	56	58-60	62	64

Outerwear

order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	34 - 37	38 - 40	41 - 43	44 - 45	46 - 47	48 - 50	51 - 55	56 - 58
	cm	86 - 97	97 - 102	104 - 110	112 - 115	117 - 119	122 - 127	130 - 140	142 - 147

Order size		XS	S	M	L	XL	2XL	3XL
Women's chest	ins	31 - 34	35 - 37	38 - 40	41 - 46	47 - 53	54 - 60	-
	cm	80 - 87	88 - 95	96 - 103	104 - 119	120 - 135	136 - 151	-
Men's chest	ins	35 - 37	38 - 40	41 - 43	44 - 48	49 - 51	52 - 55	56 - 58
	cm	88 - 95	96 - 103	104 - 111	112 - 123	124 - 131	132 - 140	142 - 148

Order size		27	28	30	32	34	36	38	40	Leg lengths
Women's	ins	27	28	30	31	-	-	-	-	Short 29ins (73cm) Regular 31ins (80cm)
	cm	67	72	76	80	-	-	-	-	
Men's	ins	-	-	-	33	35	36	38	40	Short 30ins (78cm) Regular 32ins (80cm)
	cm	-	-	-	82	88	92	96	100	

Size guide AO - Helly Hansen Workwear

Trouser order size		76	80	84	88	92	96	100	104
Waist	ins	30 - 31.5	31.5 - 33	33 - 34.5	34.5 - 36	36 - 37.5	37.5 - 39	39 - 41	41 - 42.5
	cm	76	80	84	88	92	96	104 - 108	104
Regular inside leg	ins	30.5	31.5	32		32.5	33		34
	cm	78	80	82		83	84	85	86

Size guide AO - Helly Hansen polo shirt and jackets

order size		XS	S	M	L	XL	2XL	3XL
Chest	cm	44	46	48 - 50	52 - 54	56 - 58	60 - 62	64

Gloves

Hand size	6	7	8	9	10
Order size	XS	S	M	L	XL
Length mm	160	171	182	192	204
Width mm	152 - 178	178 - 203	203 - 229	229 - 254	254 - 279

Beeswift Range of Workwear/Clothing

Gloves

Euro size	8½	9	9½	10	10½
Hand Circumference - mm	216	229	241	254	266

B-Seen High Visibility Jackets - CBJENG, CTJENG

Chest Size	Small	Medium	Large	XL
Inches	35-37"	37-39"	39-43"	43-46"
cm	84-92cm	92-100cm	100-108cm	108-116cm

Chest Size	XXL	XXXL	XXXXL	XXXXXL
Inches	46-49"	49-52"	52-55"	55-58"
cm	116-124cm	124-132cm	132-140cm	140-148cm

High Visibility Trousers: TENOR, TENSY, BETSYN

	Small	Medium	Large	XL	XXL	XXXL
Waist Size	28-30"	32-34"	34-36"	36-38"	40-42"	44-46"
	72-76cm	80-84cm	88-92cm	92-96cm	100-104cm	108-112cm
Inside Leg	30"	31"	31"	31"	32"	33"
	76cm	78cm	78cm	78cm	82cm	84cm

Click Action Trousers - AWT

Waist	30"	32"	34"	36"	38"	40"	42"	44"	46"
	76cm	82cm	87cm	92cm	97cm	102cm	107cm	112cm	117cm
Inside Leg	31"	31"	31"	31"	32"	32"	32"	33"	33"
	79cm	79cm	79cm	79cm	82cm	82cm	82cm	84cm	84cm

Click Bib and Brace - CDBBN, CDDBW

Chest	32"	34"	36"	38"	40"	42"	44"	46"	48"
	81cm	87cm	92cm	97cm	102cm	106cm	112cm	117cm	122cm
Waist	30"	33"	33"	34"	38"	41"	42"	43"	44"
	76cm	84cm	84cm	87cm	97cm	104cm	106cm	109cm	112cm

Inside Leg	30"	30"	31"	31"	32"	34"	34"	34"	34"
	76cm	76cm	79cm	79cm	82cm	88cm	88cm	88cm	88cm

Click Boilersuits / Coveralls

Chest	36"	38"	40"	42"	44"	46"	48"	50"
	92cm	97cm	102cm	107cm	112cm	117cm	122cm	127cm
Waist	40"	44"	44"	44"	46"	48"	50"	50"
	102cm	112cm	112cm	112cm	117cm	122cm	127cm	127cm
Inside Leg	31.5"	31.5"	31.5"	31.5"	31.5"	32"	32.5"	32.5"
	80cm	80cm	80cm	80cm	80cm	81cm	82.5cm	82.5cm

Disclaimer: While we do our best to ensure our sizing is consistent, some styles/brands may vary in size according to style and fabrication of the garment. Please use the above as a guide only, it does not indicate the measurements of each garment. If un sure please conct us regards possible sample's before ordering, once any item garment is embroidered or printed the time garment is non-returnable .