

RUSSELL COLLECTION

Sizing Guide

Good fit is vital to safety and comfort, we recommend that you use these sizing guidelines to select the correct size of garments. All garments in our ranges are designed to allow you to do your job while they do theirs. It is advisable to take your body measurements over light clothing. All sizes are guidelines as manufacturing tolerances may vary.

SIZE	XS	S	M	L	XL	XXL	3XL	4XL
Male: Collar (ins)	14.5/15	15.5	16/16.5	17/17.5	18	18.5/19	19.5	
Male: Chest (ins)	36/38	38/40	40/42	42/44	44/46	46/48	48/50	
Female: Dress Size UK:	8	10	12	14	16	18	20	22



IMPORTANT

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.

BUST

Take the measurement across the fullest part and over the shoulder blades, with your arms by your side. **YOUR BRA SIZE MAY NOT REFLECT YOUR TRUE BUST MEASUREMENT.**

WAIST

Around the smallest part of the body at the natural waistline.

HIPS

Around the fullest part of the body, approximately 8" below the waist

INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.



COLLAR

Place the tape approximately 1.5" above the collarbone. Ensure a proper fit by inserting two fingers in the tape, or add 0.5" to the actual measurement.

CHEST

Take the measurement across fullest part and over the shoulder blades, with your arms by your side.

WAIST

Remove belt and place the tape over the trouser at the natural waistline.

INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.