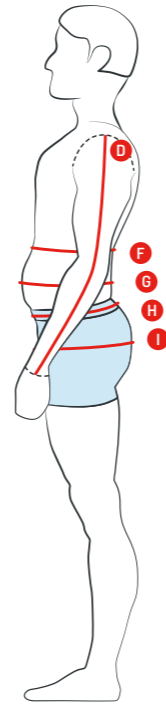


# MEASUREMENT INSTRUCTIONS

## The secret to work clothes that fit: the right size

To determine the right size, you can use of the measurement instructions provided by HAVEP. A clear, systematic measurement is the key to both a correct choice in sizes and happy end users.

Please contact your HAVEP Account Manager for more information.



### A. Body length

Measured from the crown to the floor, without shoes.

### B. Neck

Horizontally measured above the cervical vertebra and below the Adam's apple, with two fingers held between the measuring tape and the neck.

### C. Shoulder width

Measured from the neck to the end of the shoulder.

### D. Sleeve length

Always measured with a slightly bent arm, from the end of the shoulder, over the elbow, to the desired sleeve length.

### E. Chest

Horizontally measured across the body at the point where the chest is the widest.

### F. Waist

Horizontally measured across the body, at the narrowest point between the chest and the stomach.

### G. Stomach

Horizontally measured across the point where the stomach protrudes the most, usually across the navel.

### H. Belt

Measured across the point where the waist of the trousers usually is.

### I. Hips

Horizontally measured around the hips, across the buttocks.

### J. Thigh

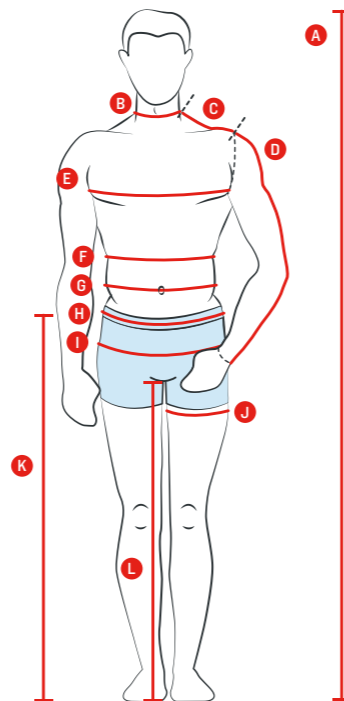
Horizontally measured around the thigh at its widest point.

### K. Belt-foot length

Measured vertically at the side of the body from the trouser waist to the floor, without shoes

### L. Inside leg

Vertically measured from the crotch to the floor, without shoes.



#### Required fields to fill in per model:

Overall/Bib-and-brace overall/ Bodytrousers : All sizes  
 Coat/Jacket/Shirt/Blouse : A - B - C - D - E - F - G - H - I  
 Trousers : A - G - H - I - J - K - L

# SIZE AND CONVERSION TABLE

# HAVEP

## Men's sizes

### Overalls and coats

Size	38	40	42	44	46	48	50	52	54	56	58	60	62
Chest	74 - 78	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 114	114 - 118	118 - 122	122 - 128
Waist	62 - 66	66 - 70	70 - 74	74 - 78	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 116
Total size	162 - 166	162 - 166	166 - 170	166 - 170	170 - 174	174 - 178	174 - 178	178 - 182	182 - 186	182 - 186	186 - 190	186 - 190	186 - 190

Size	64	66	68	70	72	74
Chest	128 - 134	134 - 140	140 - 146	146 - 152	152 - 158	158 - 164
Waist	116 - 122	122 - 128	128 - 134	134 - 140	140 - 146	146 - 152
Total size	190 - 194	190 - 194	190 - 194	194 - 198	194 - 198	194 - 198

Standard sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	86-90	90-98	98-104	104-108	108-116	116-122	122-126	126-134	134-140
Waist	74-78	78-86	86-92	92-96	96-104	104-110	110-114	114-122	122-128
Total size	166-170	170-178	174-178	178-186	182-186	186-190	186-190	190-194	190-194

### Trousers

Size	34	36	38	40	42	44	46	48	50	52	54	56	58
Waist	54 - 58	58 - 62	62 - 66	66 - 70	70 - 74	74 - 78	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106
Total size	154 - 158	158 - 162	162 - 166	162 - 166	166 - 170	166 - 170	170 - 174	174 - 178	174 - 178	178 - 182	182 - 186	182 - 186	186 - 190

Size	60	62	64	66	68	70	72
Waist	106 - 110	110 - 116	116 - 122	122 - 128	128 - 134	134 - 140	140 - 146
Total size	186 - 190	186 - 190	190 - 194	190 - 194	190 - 194	194 - 198	194 - 198

## Ladies sizes

Size	34	36	38	40	42	44	46	48	50	52	54	56	58
Chest	86 - 89	90 - 93	94 - 97	98 - 101	102 - 105	106 - 109	110 - 113	114 - 117	118 - 121	122 - 125	126 - 129	130 - 133	134 - 137
Waist	70 - 73	74 - 77	78 - 81	82 - 85	86 - 89	90 - 93	94 - 97	98 - 103	104 - 109	110 - 115	116 - 121	122 - 127	128 - 133
Hips	88 - 91	92 - 95	96 - 99	100 - 103	104 - 107	108 - 111	112 - 115	116 - 121	122 - 127	128 - 133	134 - 139	140 - 145	146 - 151
Total size	164 - 170	164 - 170	164 - 170	164 - 170	164 - 170	164 - 170	164 - 170	170 - 176	170 - 176	170 - 176	170 - 176	170 - 176	170 - 176

Standard sizes	XXS	XS	S	M	L	XL	XXL	2XL	3XL	4XL	5XL	6XL
Chest	75-80	81-86	87-92	93-98	99-104	105-110	105-110	111-116	117-122	123-128	129-134	135-140
Waist	59-64	65-70	71-76	77-82	83-88	89-94	89-94	95-100	101-106	107-114	115-122	123-130
Hips	77-82	83-88	89-94	95-100	101-106	107-112	107-112	113-118	119-124	125-132	133-140	141-148
Total size	164-170	164-170	164-170	164-170	164-170	164-170	164-170	164-170	170-176	170-176	170-176	170-176