

# SCRUFFS FOOTWEAR SIZE GUIDE

## FIT TIPS

Not all brands of footwear fit the same. The standard size guide below is a good indicator on what size you should wear, but there may be slight variations in sizing between different brands. Most foot problems can be prevented by wearing properly fitting footwear. Don't assume that your footwear size remains the same. The shape of your feet changes as you get older. Have both feet measured regularly as most people have one foot larger than the other. Fit to the largest foot. Always try footwear with your regular work socks. Make sure that they are laced properly. The ends of your toes should not touch the front part of the footwear. To double check the fit untie the laces and slide your forefinger down the back of the footwear behind the heel. The ends of your toes should hit the front toe part of the footwear.

FOOTWEAR							
UK	7	8	9	10	10.5	11	12
US	8	9	10	11	11.5	12	13
EURO	41	42	43	44	45	46	47

# SCRUFFS CLOTHING SIZE GUIDE

## MEASUREMENT TIPS

The fit of workwear depends on the cut, fabric and styling of the garment. If you're not sure, follow our top tips on how to measure yourself. Then refer back to the detailed workwear size guide shown below so you know which size you should buy.

**CHEST (A)** Measure around the fullest part of the chest. Place the measuring tape high up under your arms and make sure it's at the same height at the back across your shoulder blades.

**WAIST (B)** Measure around your natural waist line, on top of any underwear that you normally wear.

**INSIDE LEG (C)** Measure from the top of the inside leg at the crutch to the hem.

MENS TROUSERS							
Waist Inches	28	30	32	34	36	38	40
Waist CM	72	76	82	88	92	96	100
EURO DE, NL, BE	42	44	48	50	52	54	56
EURO FR, ES, PT	36	38	40	44	46	48	50
	Extra Short	Short	Regular	Long	Extra Long		
Leg Inches	28	30	32	34	36		
Leg CM	71	79	81	86	91		

MENS TOPS/JACKETS					
Chest Size	S	M	L	XL	XXL
Chest Inches	38/40	42/44	44/46	46/48	48/50
Chest EURO	48/50	54/56	56/58	58/62	62/64
CM	96/102	107/112	112/117	117/123	123/127

WOMENS TROUSERS					
Waist UK	8	10	12	14	16
Waist Inches		28	30	32	34
Waist CM		72	76	80	88
Euro		38	40	42	44
	Extra Short	Short	Regular	Long	Extra Long
Leg Inches	28	30	32	34	36
Leg CM	71	79	81	86	91

WOMENS TOPS/JACKETS					
	S	S	M	M	L
Chest UK	8	10	12	14	16
Chest Inches		34	36	38	40
Chest CM		88	92	96	100
Chest EURO DE, BE, NL, NO, SV, DK		38	40	42	44
Chest EURO FR, ES, PT		40	42	44	46
Chest IT		42	44	46	46

