



NATIONAL
SAFETY APPAREL®

TASK BASED PPE SIZING GUIDES

P R O U D L Y M A N U F A C T U R I N G I N T H E U S A S I N C E 1 9 3 5

Selecting the Correct Size

National Safety Apparel® offers our ArcGuard® Rubber Voltage Gloves in sizes ranging from 8 to 12. To make sure you are ordering the correct glove size, measure the circumference around your palm (see illustration). If you are in between sizes, we recommend ordering the larger size.



| ArcGuard® Rubber Voltage Gloves | |
|---------------------------------|--------------------|
| Size | Hand Circumference |
| 8 | 8" or less |
| 9 | 8 - 9" |
| 10 | 9 - 10" |
| 11 | 10" - 11" |
| 12 | 11" - 12" |

| Arc Flash Coat (C04) | | |
|----------------------|-----------|---------------|
| Size | Chest | Sleeve Length |
| SM | 37" - 41" | 36" |
| MD | 40" - 44" | 37" |
| LG | 43" - 47" | 38" |
| XL | 46" - 50" | 39" |
| 2X | 49" - 53" | 40" |
| 3X | 52" - 56" | 40" |
| 4X | 55" - 59" | 41" |

| Lab Coat (C09) | | |
|----------------|-----------|---------------|
| Size | Chest | Sleeve Length |
| SM | 27" - 31" | 34" |
| MD | 31" - 35" | 34.5" |
| LG | 35" - 39" | 35" |
| XL | 39" - 43" | 35.5" |
| 2X | 45" - 46" | 36" |
| 3X | 46" - 50" | 36.5" |

| Arc Flash Bib Overall (C45) | | |
|-----------------------------|-----------|-----------|
| Size | Chest | Waist |
| SM | 31" - 34" | 33" - 35" |
| MD | 34" - 37" | 36" - 38" |
| LG | 37" - 40" | 39" - 41" |
| XL | 40" - 44" | 42" - 45" |
| 2X | 44" - 48" | 46" - 49" |
| 3X | 48" - 52" | 50" - 53" |
| 4X | 52" - 56" | 54" - 57" |

| Arc Flash Legging (L05) | |
|-------------------------|-----------|
| Size | Calf |
| LG | 14" - 16" |
| XL | 16" - 18" |
| 2X | 18" - 20" |
| 3X | 20" - 22" |
| 4X | 22" - 24" |

* If your measurement is between sizes, it is recommended that the larger size be purchased.

HOW TO MEASURE

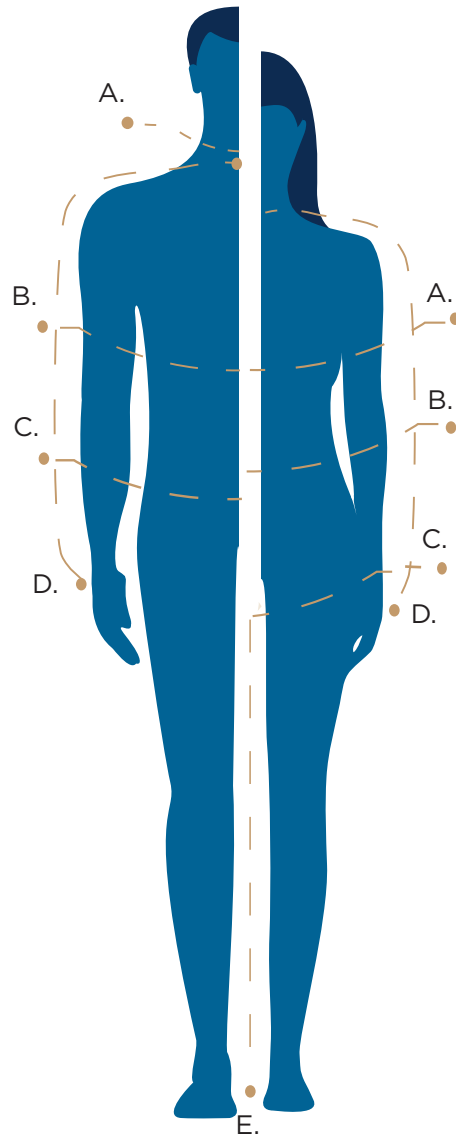
A. NECK
 Measure around the base of the neck, where your collar typically lies. Measure from one button hole to the center of the button on the opposite side.

B. CHEST
 Measure around the fullest part of your chest. The best way to assess this is to start just under your armpit.

WAIST
C. For pants: Measure around your waist where you would like your pants waistband to sit. **For tops & full body garments:** Measure the fullest part of your waist.

SLEEVE
D. To measure your sleeve, start from the center of the back of your neck, over to your shoulder, down past your elbow, and to your wrist.

E. INSEAM
 Use a pair of pants similar to the style you are ordering, which fit to your liking, Measure along the inseam from the crotch to the hem.



BUST
A. Measure loosely around the fullest part of your bust. Keep the measuring tape as horizontal as possible.

WAIST
B. For pants: Measure around your waist where you would like your pants waistband to sit. **For tops & full body garments:** Measure the fullest part of your waist.

HIP
C. Measure loosely around the fullest part of your hips. Keep the measuring tape as horizontal as possible.

SLEEVE
D. To measure your sleeve, start from the center of the back of your neck, over to your shoulder, down past your elbow, and to your wrist.

INSEAM
E. Use a pair of pants similar to the style you are ordering, which fit to your liking, Measure along the inseam from the crotch to the hem.