

# SCRUFFS FOOTWEAR SIZE GUIDE

## FIT TIPS

Not all brands of footwear fit the same. The standard size guide below is a good indicator of 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 directly behind the heel - your toes should touch the front toe part of the footwear.

FOOTWEAR												
UK	3	4	5	6	6.5	7	8	9	10	10.5	11	12
US	4	5	6	7	7.5	8	9	10	11	11.5	12	13
EURO	36	37	38	39	40	41	42	43	44	45	46	47

# SCRUFFS TOPS/JACKETS SIZE GUIDE

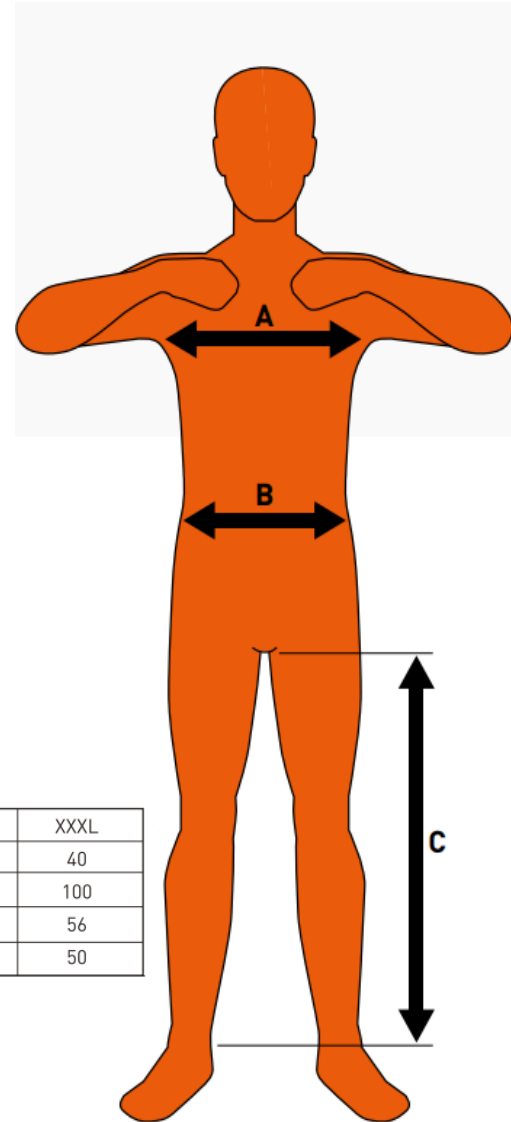
## MEASUREMENT TIPS

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.

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



# SCRUFFS TROUSERS SIZE GUIDE

## WAIST (B)

Measure around your natural waist line, on top of your usual underwear.

## INSIDE LEG (C)

Measure from the top of the inside leg at the crotch to the hem.

MEN'S TROUSERS							
Waist Size	XS	S	M	L	XL	XXL	XXXL
Waist Inches	28	30	32	34	36	38	40
Waist CM	72	76	82	88	92	96	100
EURO D, NL, BE	42	44	46	50	52	54	56
EURO FR, ES, PT	36	38	40	44	46	48	50
		Short	Regular	Long			
Leg Inches		30	32	34			
Leg CM		79	81	86			