

# National Safety Apparel Size Chart

## How to Measure:

### 1. Chest

Measure just under arms and across shoulder blades holding tape firm and level.

### 2. Sleeve Length

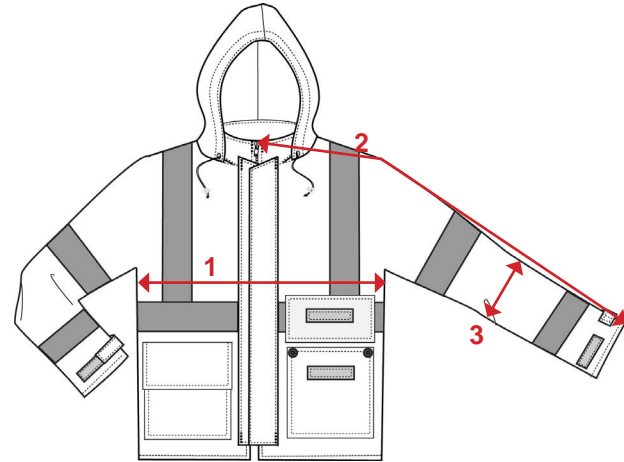
With elbow slightly bent, measure from center of the back neck to elbow and down to the sleeve hem (as seen in the illustration).

### 3. Elbow Width

Measure around the elbow with arm straight out.

### 4. Coat Length

Measure from the centerback neckline down to the coat hem.



## R30 Custom Sizing Chart:

Conducted By: Carrie Koman Date: 6/21/10

Alpha Size	SM	MD	LG	XL	2X	3X	4X	5X
Chest <sup>1</sup> :	45"	49"	53"	57"	61"	65"	69"	73"
Sleeve Length <sup>2</sup> :	32.5"	33"	33.5"	34.5"	34.5"	35.5"	36.5"	37.5"
Elbow Width <sup>1</sup> :	17"	18.25"	19"	19.5"	19.5"	21"	21"	21"
Coat Length <sup>2</sup> :	30"	30"	30"	30"	30"	30"	30"	30"

<sup>1</sup>) Actual measurement should be +/- 1" of measurement shown in chart

<sup>2</sup>) Actual measurement should be +/- 1/2" of measurement shown in chart

\*\*\*These measurements are based on a garment that has not been laundered\*\*\*

This sizing chart applies for the following item numbers:

R30----05, R30----05\*, R30----06, R30----06\*, R30----05C, R30----07, R30----05DC, R30----06DC, R30----05DCIP, R30----06DCIP, R30----06E

