## **DON'T EYEBALL** THIS ONE

You look mah-velous! Don't screw it up with improperly sized duds. You come in all shapes and sizes and so does our gear. Use our sizing spread to get fitted out and styled up.



Measure around the palm. DO NOT include the thumb area. Use the size chart across the bottom of this page to double check your size choice.



Measure around the smallest part of the wrist.



Measure around the smallest part of the wrist.

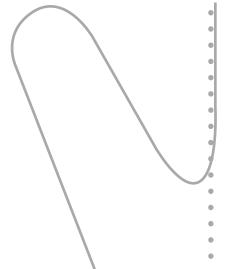


In a relaxed position, measure around the widest area of the forearm just below the elbow. For best fit, an elbow support should sit about 2-3 finger widths below the elbow crease.



Measure around the center of the knee with the knee extended.

		_		_		_		_	
SIZE:	FITS HANDS:	Н	FITS WRISTS:	Н	FITS WRISTS:	П	FITS ELBOWS:	П	FITS KNEES:
X-Small	Sz. 6: up to 7" (18 cm)	П					up to 9" (23 cm)		12-13" (31-33 cm)
Small	Sz. 7: 7-8" (18-20 cm)	П	up to 6" (15 cm)	П		П	9-10" (23-25 cm)	П	13-14" (33-36 cm)
Medium	Sz. 8: 8-9" (20-23 cm)	П	6-7" (15-18 cm)				10-11" (25-28 cm)		14-15" (36-38 cm)
Large	Sz. 9: 9-10" (23-25 cm)	П	7-8" (18-20 cm)				11-12" (28-30 cm)		15-16" (38-41 cm)
X-Large	Sz.10: 10-11" (25-28 cm)	П	8" and over (20 cm)				12-13" (30-33 cm)		16-18" (41-46 cm)
2XLarge	Sz.11: 11–12" (28-30 cm)	П					13-16" (33-36 cm)		18-20" (46-51 cm)
3XLarge	Sz.12: 12–13" (30-32 cm)	П							
4XLarge		П							
S/M		П			5-7" (15-19 cm)				
L/XL		П			7-9" (19-23 cm)				



## What size do you need?

Place the index finger OF YOUR RIGHT HAND next to the dotted line as shown. To find your proper size, refer to the closest line to the right side edge of your hand.

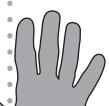


Use this "handy" diagram to determine which ProFlex® Glove best fits your mitts.









Align index finger with the dotted line at left for optimum grip and finger control, glove should fit snug.











#### TREX<sup>™</sup> Ice Traction 6325

Use shoe or boot size to determine the appropriate size. TREX $^{\text{TM}}$  Ice Traction should fit snugly.



TREX™ Ice Traction



TREX<sup>™</sup> Ice Traction 6310



TREX™ Ice Traction



FREX™ Ice Traction

									6310			6304 // 632	50			
SIZE:	USM	UK	EU	USM	UK	EU		USM	UK	EU	USM	UK	EU	USM	UK	EU
Small	5-7	4.5-6.5	37-40								5-7	4.5-6.5	37-40	5-7	4.5-6.5	37-40
Medium	7-9	6.5-8.5	40-42	5-8	4.5-7.5	37-41		5-8	4.5-7.5	37-41	7-9	6.5-8.5	40-42	7-9	6.5-8.5	40-42
Large	9-11	8.5-10.5	42-44	8-11	7.5-10.5	41-44		8-11	7.5-10.5	41-44	9-11	8.5-10.5	42-44	9-11	8.5-10.5	42-44
X-Large	11-14	10.5-13.5	44-47	11-15	10.5-14.5	44-48		11-14	10.5-13.5	44-47	11-14	10.5-13.5	44-47	11-14	10.5-13.5	44-47
2XLarge				15-18	14.5-17.5	48-51										
3XLarge																



ProFlex®

Measure around the waist. A support should fit snugly, but not so tightly that it cannot be cinched firmly when ready to lift.



N-Ferno<sup>®</sup> Base Laver Bottoms

Use standard waist size measurement.



N-Ferno<sup>®</sup> Base Laver Shirts

Individually sized M, L, XL, 2XL, 3XL and follow standard sizing.



N-Ferno<sup>®</sup> Outerwear Jacket

Bring tape measure around the widest part of your chest, under your arms, completely around your torso.



N-Ferno" Juterwear Rib

Use standard waist size measurement.

SIZE:	FITS WAISTS:	FITS WAISTS:	FITS CHEST SIZE:	FITS CHEST SIZE:	FITS WAISTS:
X-Small	Up to 25" (64 cm)				
Small	25-30" (64-76cm)			34-36" (86-91 cm)	34" (86 cm)
Medium	30-34" (76-86cm)	31-34" (79-86cm)	38-41" (97-104cm)	36-38" (91-97 cm)	37" (94 cm)
Large	34-38" (86-97cm)	34-37" (86-94cm)	41-44" (104-112cm)	38-42" (97-107 cm)	40" (102 cm)
X-Large	38-42" (97-107cm)	37-40" (94-102cm)	44-47" (112-119cm)	42-46" (107-117 cm)	43" (109 cm)
2XLarge	42-46" (107-117cm)	40-44" (102-112cm)	47-50" (119-127cm)	46-50" (117-127 cm)	47" (119 cm)
3XLarge	46-52" (117-132cm)	44-48" (112-122cm)	50-53" (127-135cm)	50-54" (127-137 cm)	51" (130 cm)
4XLarge	52-58" (132-147cm)				



#### GloWear® Hi-Vis Shirts

T-Shirt, Polo Shirt, and Sweatshirt are individually sized S, M, L, XL, 2XL, 3XL, 4XL, 5XL and follow standard sizing.



### GloWear®

Vests & Vests w/Sleeves are sold in combined sizes: S/M, L/XL, 2XL/3XL, and 4XL/5XL. \*Note: 8240HL is available in M/L and XL/2XL only.



GloWear® Pants

Use standard waist size measurement.



GloWear® Pants

Use standard waist size measurement.



#### GloWear®

Bring tape measure around the widest part of your chest, under your arms, completely around your torso.

SIZE:	FITS CHEST SIZE:	-	FITS CHEST SIZE:		FITS WAIST SIZE:	FITS WAIST SIZE:	H	FITS CHEST SIZE:
Small	34-36" (86-91 cm)			Г		Up to 30" (76 cm)		34-36" (86-91 cm)
Medium	36-38" (91-97 cm)					30-34" (76-86 cm)		36-38" (91-97 cm)
Large	38-42" (97-107 cm)					34-38" (86-97 cm)		38-42" (97-107 cm)
X-Large	42-46" (107-117 cm)					38-42" (97-107 cm)		42-46" (107-117 cm)
2XLarge	46-50" (117-127 cm)					42-46" (107-117 cm)		46-50" (117-127 cm)
3XLarge	50-54" (127-137 cm)					46-48" (117-123 cm)		50-54" (127-137 cm)
4XLarge	54-58" (137-147 cm)					48-50" (123-127 cm)		54-58" (137-147 cm)
5XLarge	58-62" (147-157 cm)					50-54" (127-137 cm)		58-62" (147-157 cm)
S/M			36-44" (91-112 cm)		Up to 40" (102 cm)			
M/L (8240HL only)			40-48" (102-123 cm)*					
L/XL			44-52" (112-132 cm)		40-46" (102-117 cm)			
XL/2XL (8240HL only)			48-56" (123-142 cm)*					
2XL/3XL			52-58" (132-147 cm)		46-52" (117-132 cm)			
4XL/5XL			58-64" (147-163 cm)		52-58" (132-147 cm)			

For full sizing of all Ergodyne items, visit ergodyne.com



#### Chill-Its

Bring tape measure around the widest part of your chest, under your arms, completely around your torso.



#### Chill-Its®

Bring tape measure around the widest part of your chest, under your arms, completely around your torso.



#### Chill-Its<sup>®</sup> Phase Change Ver

Bring tape measure around the widest part of your chest, under your arms, completely around your torso.



#### Arsenal

Choose your synthetic belt size based on your pant waist size.

	your torso.	your torso.	your torso.	
SIZE:	FITS CHEST SIZE:	FITS CHEST SIZE:	FITS CHEST SIZE:	FITS WAIST SIZE:
X-Small				
Small			32-40" (81-102 cm)	
Medium	36-38" (91-97 cm)	38-41" (97-104 cm)	32-40" (81-102 cm)	
Large	38-42" (97-107 cm)	41-44" (104-112 cm)	40-52" (102-132 cm)	32-46 (81-117 cm)
X-Large	42-46" (107-117 cm)	44-47" (112-119 cm)	40-52" (102-132 cm)	40-54" (101.5-137 cm)
2XLarge	46-50" (117-127 cm)	47-50" (119-127 cm)		46-58" (117-147.5 cm)
3XLarge	50-54" (127-137 cm)	50-53" (127-135 cm)		
4XLarge		53-56" (135-142 cm)		



# SIZE UP THE SITUATION

Improperly sized gear is a prime cause of heartache and sadness. Remember when you showed up at school wearing highwater pants? Of course that's nothing compared to the crack-tacular combination of too-short shirt and too-loose pants. Don't let these calamities occur. Your gear will be more effective and comfortable if you choose appropriate sizes.

CHEST: Measurement should be taken around the fullest part of the chest with arms down, just under the arms and across the shoulder blades.

WAIST: Measure around waist (not pulling tightly) at the height you prefer to wear the waistband.

INSEAM: Take a pair of pants that fit you well and measure from the crotch to the bottom of the leg.

