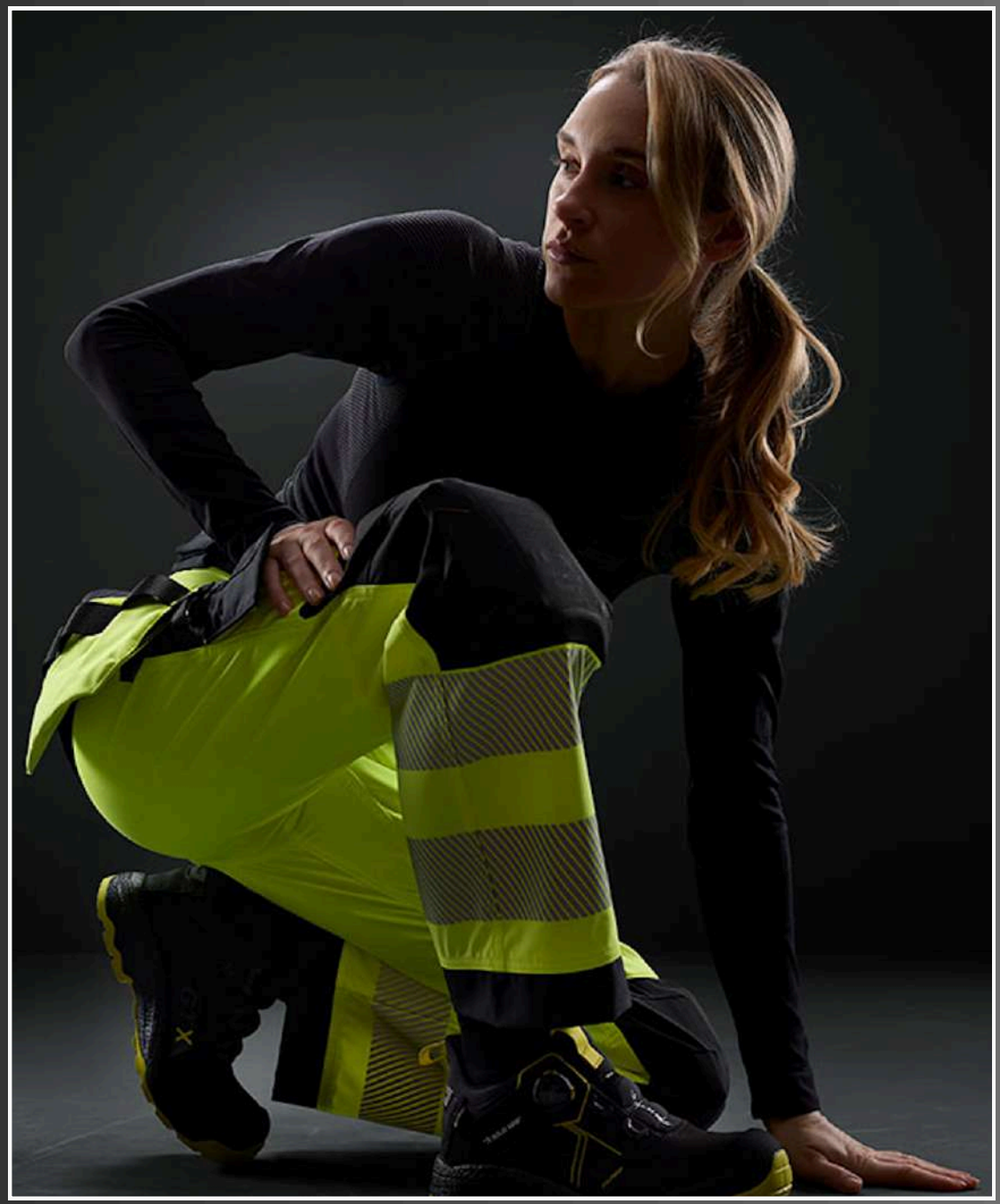
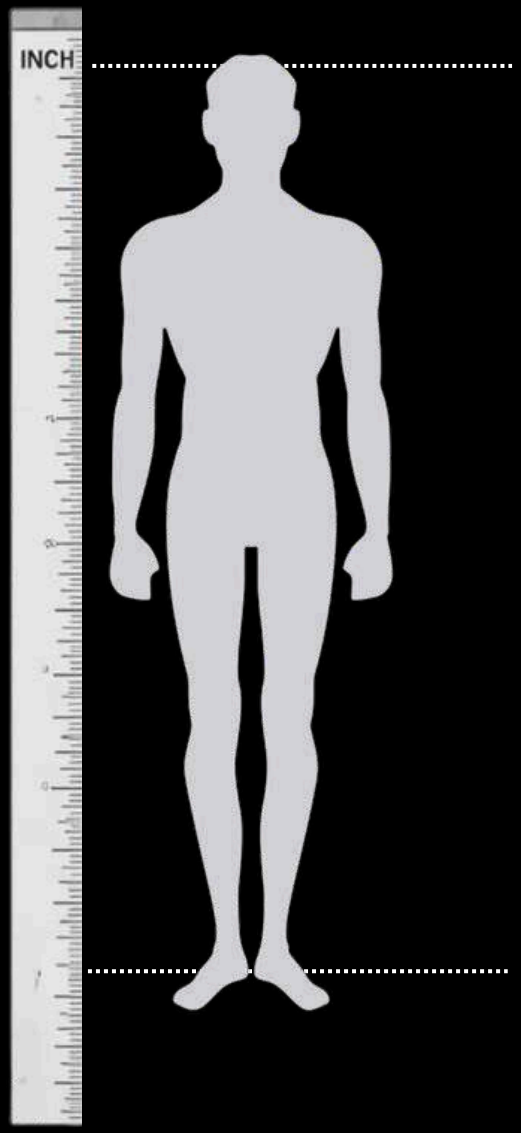
SNICKERS WORKWEAR

STØRRELSESGUIDE

Snickers Workwear bruker kroppsmål for å finne riktig størrelse. Mange plagg finnes også i Extra Short, Short, Regular, Long og Extra Long, slik at både kroppslengde og benlengde må tas med i vurderingen.



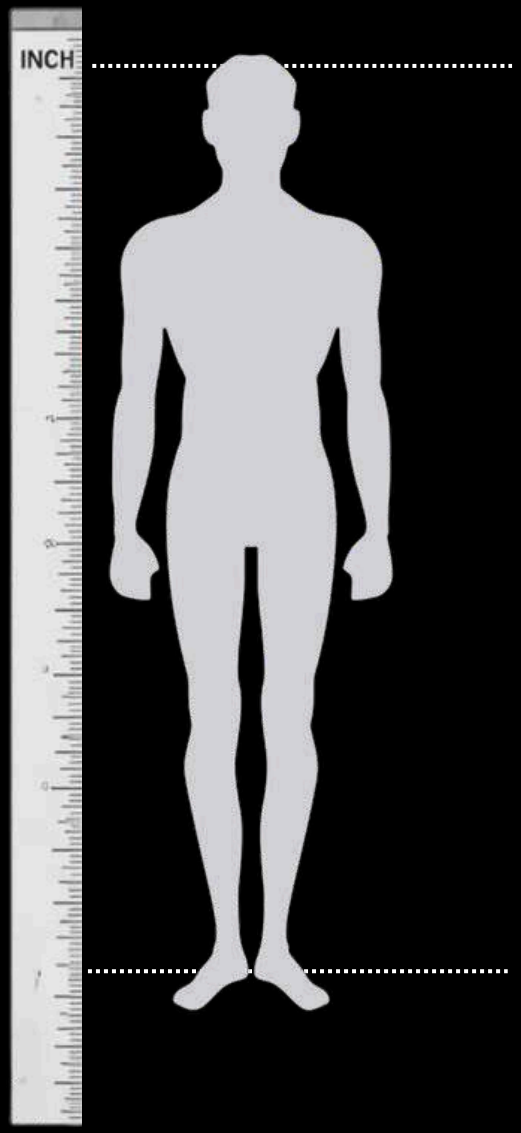


SLIK MÅLER DU

For nøyaktige mål anbefaler Snickers Workwear at du får hjelp til målingen mens du har på deg tettsittende undertøy. Målebåndet skal holdes tett inntil kroppen uten å strammes.

MÅL	SLIK MÅLER DU
A. Kroppslengde	Fra toppen av hodet til fotsålen
B. Bryst	Rundt den bredeste delen av brystet
C. Midje	Horisontalt i navlehøyde
D. Nedre midje	Der du normalt bruker buksen
E. Sete/hofte	Rundt den bredeste delen av setet
F. Innvendig benlengde	Fra skrittet til fotsålen

Snickers anbefaler å få hjelp av en annen person ved måling og å bruke tettsittende undertøy. Målebåndet skal ligge tett mot kroppen uten å strammes.



VELG RIKTIG STØRRELSE

01 Mål kroppen din i stedet for bare å stole på den vanlige klesstørrelsen din.

02 For overdeler og jakker, sjekk brystvidde, midjemål og kroppslengde

03 For bukser, sjekk livvidde, lav livvidde, setemål og innvendig benlengde

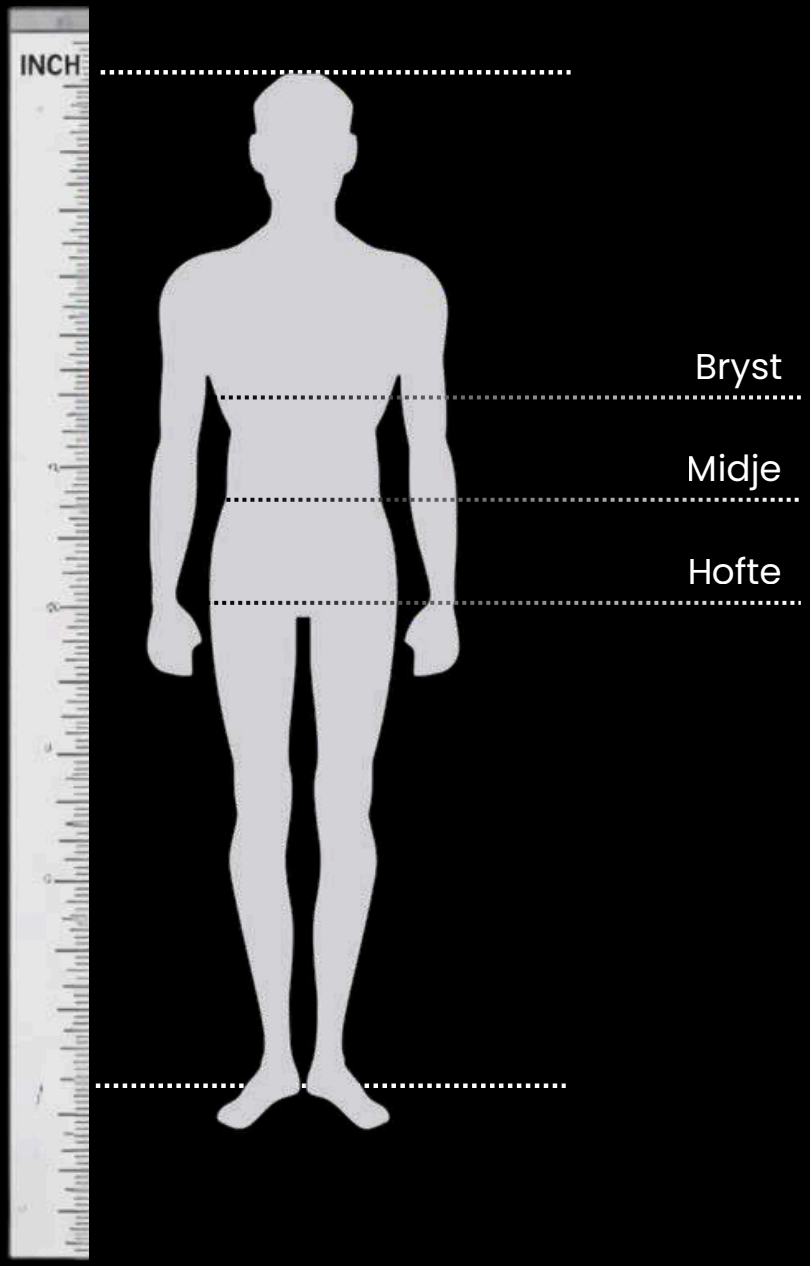
04 Vær spesielt oppmerksom på benlengden på innsiden når du velger arbeidsbukser med kneputelommer

05 Velg kort, vanlig, lang, ekstra kort eller ekstra lang i henhold til kroppsmålene dine

06 For heldekkende bukser og snekkerbukser bør du bruke det fulle livmålet, ettersom Snickers påpeker at det kan være nødvendig med en større størrelse for å få nok plass til magen

07 Snickers anbefaler å prøve plaggene for å bekrefte den endelige passformen

zeproc



STØRRELSESGUIDE FOR HERRER/DAMER

zeproc

Herrebukser

MIDJE	NEDRE MIDJE	SETE
72 cm / 28"	77 cm / 30"	88 cm / 35"
76 cm / 30"	81 cm / 32"	92 cm / 36"
80 cm / 31"	85 cm / 33"	96 cm / 38"
84 cm / 33"	89 cm / 35"	100 cm / 39"
88 cm / 35"	93 cm / 37"	104 cm / 41"
92 cm / 36"	97 cm / 38"	108 cm / 43"
96 cm / 38"	101 cm / 40"	112 cm / 44"
100 cm / 39"	105 cm / 41"	116 cm / 46"
104 cm / 41"	109 cm / 43"	120 cm / 47"
112 cm / 44"	117 cm / 46"	128 cm / 50"

zeproc

Herrebukser

MIDJE	NEDRE MIDJE	SETE
120 cm / 47"	125 cm / 49"	136 cm / 54"
128 cm / 50"	133 cm / 52"	144 cm / 57"
136 cm / 54"	141 cm / 56"	152 cm / 60"
144 cm / 57"	149 cm / 59"	160 cm / 63"

zeproc

Innerbenslengder og tilhørende Snickers-størrelser

PASSFORM	INNVENDIG BENLENGDE	STØRRELSER
Extra Short	70 cm / 28"	184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236
Short	76 cm / 30"	84, 88, 92, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132, 136
Regular	82 cm / 32"	42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68
Long	88 cm / 35"	142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168
Extra Long	94 cm / 37"	242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268

De enkelte størrelsene innenfor hvert intervall er oppgitt i den engelske tabellen ovenfor. Snickers oppgir også at tommemålet er nærmeste tilsvarende jeansstørrelse.

zeproc

Herre – one-piece, bib & braces

MIDJE	INCH
72 cm	28"
76 cm	30"
80 cm	31"
84 cm	33"
88 cm	35"
92 cm	36"
96 cm	38"
100 cm	39"
104 cm	41"
112 cm	44"

zeproc

Herre – one-piece, bib & braces

MIDJE	INCH
120 cm	47"
128 cm	50"
136 cm	54"
144 cm	57"

zeproc

Kroppslengde og tilhørende størrelser

PASSFORM	KROPPSLENGDE	TILSVARENDE STØRRELSER
Extra Short	146–158 cm / 5'–5'2"	184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236
Short	158–170 cm / 5'2"–5'7"	84, 88, 92, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132, 136
Regular	170–182 cm / 5'7"–5'11"	42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68
Long	182–194 cm / 5'11"–6'4"	142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168
Extra Long	194–206 cm / 6'4"–6'9"	242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268

Den offisielle veiledningen bruker kroppslengde for å avgjøre om man skal velge utførelsen for lange eller korte personer

Herre – undertøy og regntøy

MÅL	KROPPSMÅL
Midje	72, 80, 88, 96, 104, 120, 136, 152 cm
Midje i tommer	28", 31", 35", 38", 41", 47", 54", 60"
Lav midje	77, 85, 93, 101, 109, 125, 141, 157 cm
Lav midje i tommer	30", 33", 37", 40", 43", 49", 56", 62"
Vanlig benlengde (innvendig)	82 cm / 32"

zeproc

Tilsvarende størrelser

STØRRELSER	TILSVARENDE STØRRELSER
XS	40/42
S	44/46
M	48/50
L	52/54
XL	56/58
2XL	60/62
3XL	64/66
4XL	68/70

zeproc

Herre – overdeler, nye størrelser 2XL–6XL

STØRRELSE	BRYST	MIDJE
XS	84 cm / 33"	72 cm / 28"
S	92 cm / 36"	80 cm / 31"
M	100 cm / 39"	88 cm / 35"
L	108 cm / 43"	96 cm / 38"
XL	116 cm / 46"	104 cm / 41"
2XL	124 cm / 49"	112 cm / 44"
3XL	132 cm / 52"	120 cm / 47"
4XL	140 cm / 55"	128 cm / 50"
5XL	148 cm / 58"	136 cm / 54"
6XL	156 cm / 61"	144 cm / 57"

Regular kroppslengde:
170–182 cm.

Snickers opplyser at XS–XL er uendret, mens størrelsesgraderingen fra 2XL og oppover er utvidet.

zeproc

Herre – jakker, overdeler og overaller

STØRRELSE	BRYST	MIDJE
XS	84 cm / 33"	72 cm / 28"
S	92 cm / 36"	80 cm / 31"
M	100 cm / 39"	88 cm / 35"
L	108 cm / 43"	96 cm / 38"
XL	116 cm / 46"	104 cm / 41"
2XL	132 cm / 52"	120 cm / 47"
3XL	148 cm / 58"	136 cm / 54"
4XL	164 cm / 65"	152 cm / 60"

zeproc

Alternativer for kroppslengde

LENGDE	KROPPSLENGDE
Short	158–170 cm / 5'4"
Regular	170–182 cm / 5'8"
Long	182–194 cm / 6'2"

Tilsvarende Regular-størrelser:

40/42, 44/46, 48/50, 52/54, 56/58, 60/62, 64/66, 68/70.

Hansker

HANSKESTØRRELSE	HÅNDOMKRETS	HÅNDLENGDE	MIN. HANSKELENGDE
7	178 mm	171 mm	230 mm
8	203 mm	182 mm	240 mm
9	229 mm	192 mm	250 mm
10	254 mm	204 mm	260 mm
11	279 mm	215 mm	270 mm

Snickers anbefaler å velge hansker med riktig fingerlengde og prøve dem for å kontrollere passformen.

zeproc

Dame – bukser

MIDJE	NEDRE MIDJE	SETE
60 cm / 24"	71 cm / 28"	84 cm / 33"
64 cm / 25"	75 cm / 30"	88 cm / 35"
68 cm / 27"	79 cm / 31"	92 cm / 36"
72 cm / 28"	83 cm / 33"	96 cm / 38"
76 cm / 30"	87 cm / 34"	100 cm / 39"
80 cm / 31"	91 cm / 36"	104 cm / 41"
84 cm / 33"	95 cm / 37"	108 cm / 43"
88 cm / 35"	99 cm / 39"	112 cm / 44"
96 cm / 38"	107 cm / 42"	120 cm / 47"

zeproc

Dame – bukser

MIDJE	NEDRE MIDJE	SETE
104 cm / 41"	115 cm / 45"	128 cm / 50"
112 cm / 44"	123 cm / 48"	136 cm / 54"
120 cm / 47"	131 cm / 52"	144 cm / 57"

zeproc

Benlengder

PASSFORM	INNVENDIG BENLENGDE	STØRRELSER
Extra Short	67 cm / 26"	116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127
Short	73 cm / 29"	16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27
Regular	79 cm / 31"	32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54
Long	85 cm / 33"	64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 104, 108
Extra Long	91 cm / 36"	164, 168, 172, 176, 180, 184, 188, 192, 196, 200, 204, 208

De enkelte størrelsene innenfor intervallene er oppgitt i den engelske tabellen ovenfor

zeproc

Dame – jakker og overdeler

STØRRELSE	BRYST	MIDJE
XS	80 cm / 31"	64 cm / 25"
S	88 cm / 35"	72 cm / 28"
M	96 cm / 38"	80 cm / 31"
L	104 cm / 41"	88 cm / 35"
XL	120 cm / 47"	104 cm / 41"
2XL	136 cm / 54"	120 cm / 47"

zeproc

Kroppslengder

LENGDE	KROPPSLENGDE	STØRRELSER
Short	152–164 cm / 5'2"	XS-Short, S-Short, M-Short, L-Short, XL-Short, 2XL-Short
Regular	164–176 cm / 5'6"	XS, S, M, L, XL, 2XL
Long	176–188 cm / 6'	XS-Long, S-Long, M-Long, L-Long, XL-Long, 2XL-Long

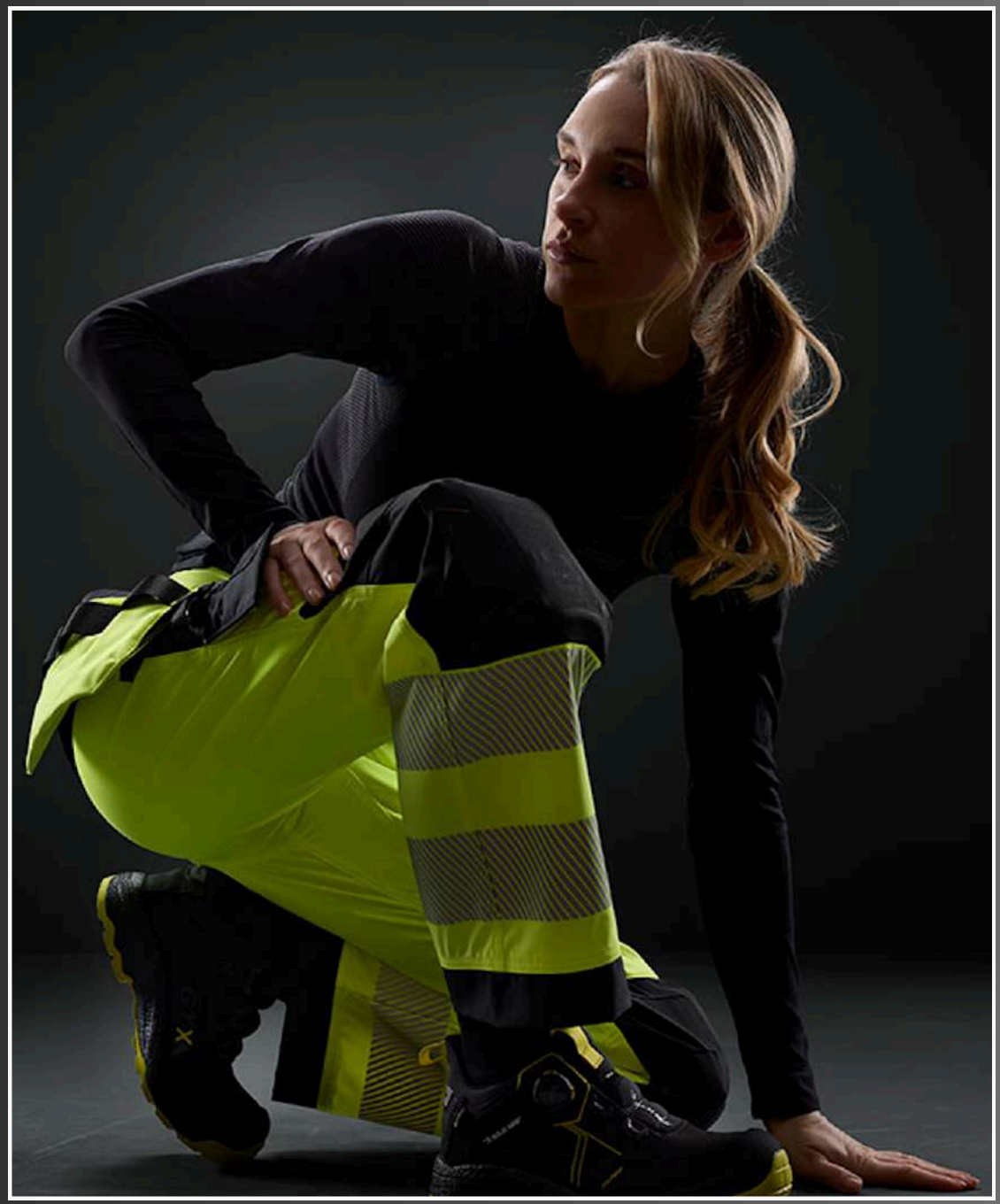
Tilsvarende Regular-størrelser:
32/34, 36/38, 40/42, 44/46, 48/50, 52/54.

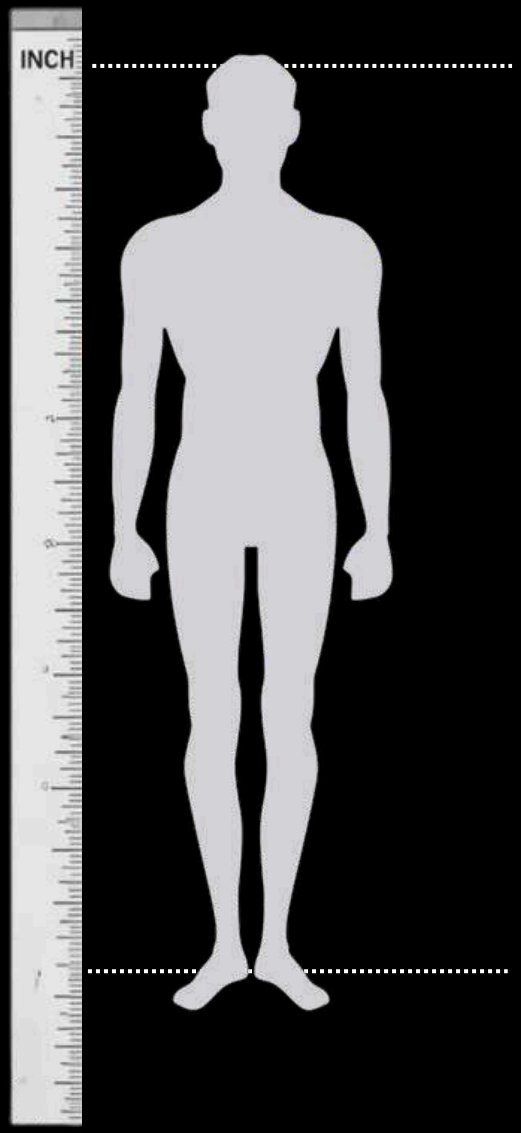
Snickers opplyser at dameoverdeler og fleece er tilgjengelig i Regular lengde.

SNICKERS WORKWEAR

SIZE GUIDE

Snickers Workwear uses body measurements rather than relying only on standard garment sizes. Different garments can also have Short, Regular, Long, Extra Short or Extra Long options, so body length and inside-leg measurements are important when selecting the correct size.



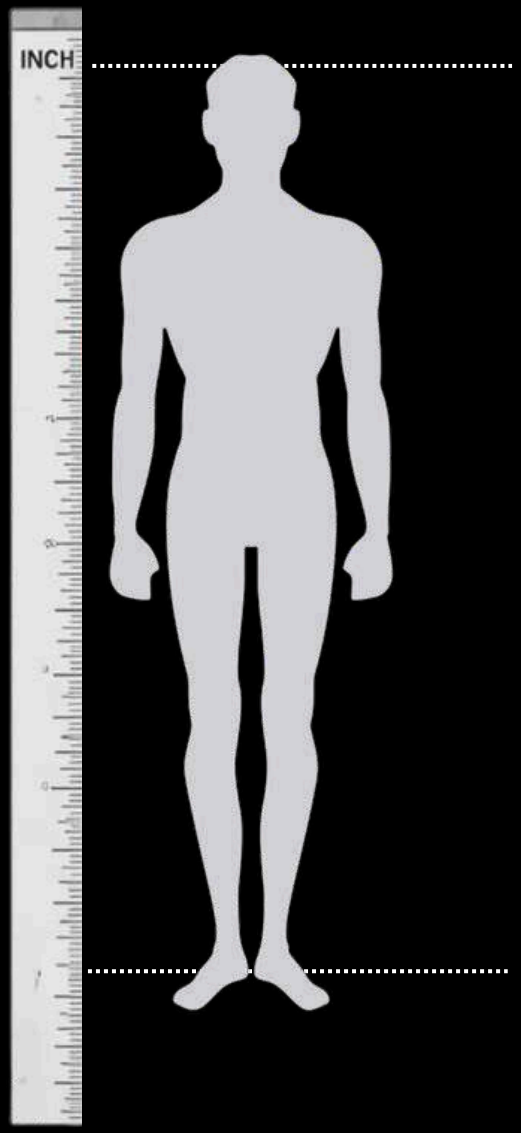


HOW TO MEASURE

For accurate measurements, Snickers Workwear recommends having someone help you measure while wearing body-tight underwear. The tape should be held firmly against the body without pulling it tight.

MEASUREMENT	HOW TO MEASURE
A. Body length	From the top of the head to the sole of the foot
B. Chest	Horizontally around the widest part of the chest
C. Waist	Horizontally at navel height
D. Lower waist	At the point where you normally wear your trousers
E. Seat	Horizontally around the widest part of the seat
F. Inside leg	From the crotch to the sole of the foot

The inside-leg measurement is particularly important for ensuring that knee pads are positioned correctly.



HOW TO CHOOSE THE RIGHT SIZE

01 Measure your body, rather than relying only on your usual clothing size.

02 For tops and jackets, check chest, waist and body length.

03 For trousers, check waist, lower waist, seat and inside leg.

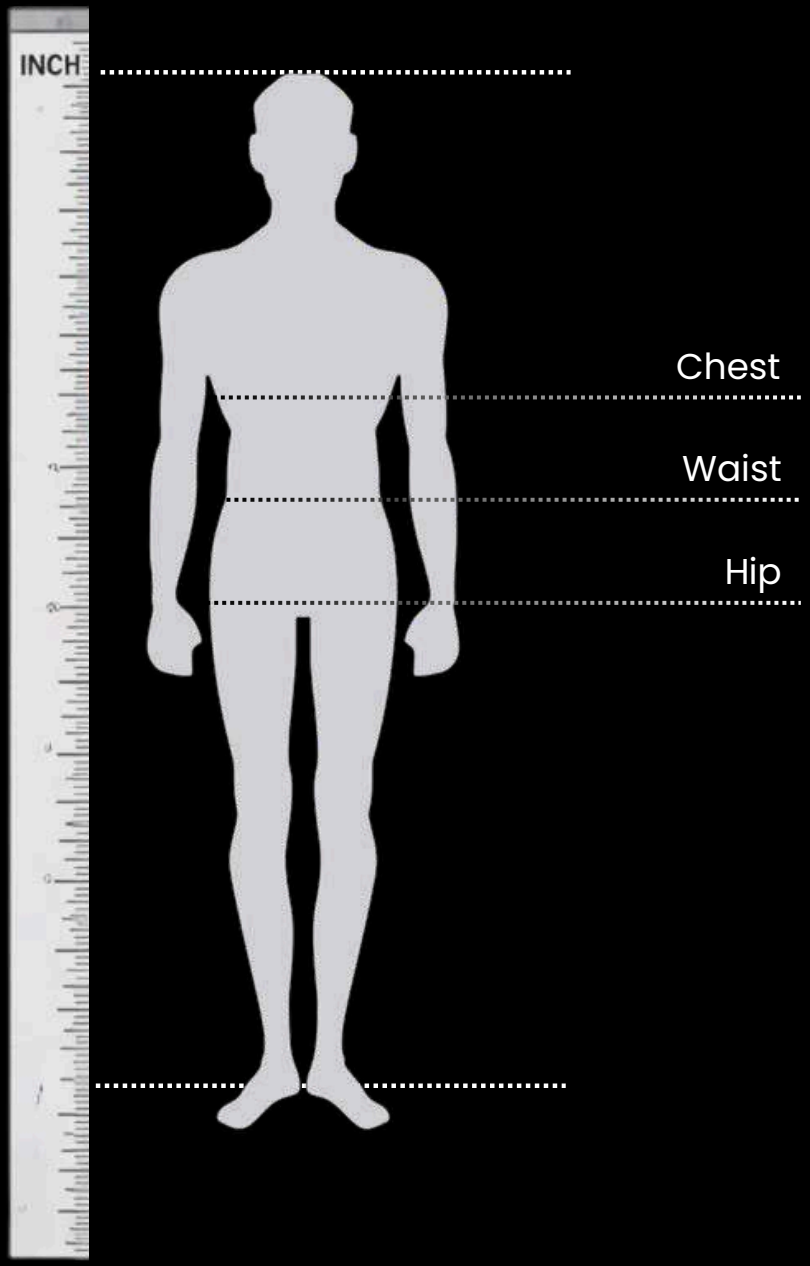
04 Pay particular attention to inside-leg length when choosing work trousers with knee-pad pockets.

05 Select Short, Regular, Long, Extra Short or Extra Long according to your body measurements.

06 For one-piece trousers and bib & braces, use the full waist measurement, as Snickers notes that a larger size may be needed for sufficient stomach room.

07 Snickers recommends trying garments on to confirm the final fit

zeproc



MEN'S/ WOMEN'S SIZE GUIDE

zeproc

Men's Trousers

WAIST	LOWER WAIST	SEAT
72 cm / 28"	77 cm / 30"	88 cm / 35"
76 cm / 30"	81 cm / 32"	92 cm / 36"
80 cm / 31"	85 cm / 33"	96 cm / 38"
84 cm / 33"	89 cm / 35"	100 cm / 39"
88 cm / 35"	93 cm / 37"	104 cm / 41"
92 cm / 36"	97 cm / 38"	108 cm / 43"
96 cm / 38"	101 cm / 40"	112 cm / 44"
100 cm / 39"	105 cm / 41"	116 cm / 46"
104 cm / 41"	109 cm / 43"	120 cm / 47"
112 cm / 44"	117 cm / 46"	128 cm / 50"

zeproc

Men's Trousers

WAIST	LOWER WAIST	SEAT
120 cm / 47"	125 cm / 49"	136 cm / 54"
128 cm / 50"	133 cm / 52"	144 cm / 57"
136 cm / 54"	141 cm / 56"	152 cm / 60"
144 cm / 57"	149 cm / 59"	160 cm / 63"

Inside-leg lengths and corresponding Snickers sizes

FIT	INSIDE LEG	CORRESPONDING SIZES
Extra Short	70 cm / 28"	184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236
Short	76 cm / 30"	84, 88, 92, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132, 136
Regular	82 cm / 32"	42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68
Long	88 cm / 35"	142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168
Extra Long	94 cm / 37"	242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268

The chart notes that the inch value is the closest corresponding jeans size. Sizes inside the blue frame are Standard Stock Items for most trousers; the available range can vary by individual garment.

zeproc

Men's One-Piece Trousers, Bib & Braces

WAIST	INCH
72 cm	28"
76 cm	30"
80 cm	31"
84 cm	33"
88 cm	35"
92 cm	36"
96 cm	38"
100 cm	39"
104 cm	41"
112 cm	44"

zeproc

Men's One-Piece Trousers, Bib & Braces

WAIST	INCH
120 cm	47"
128 cm	50"
136 cm	54"
144 cm	57"

zeproc

Body length and corresponding sizes

FIT	BODY LENGTH	CORRESPONDING SIZES
Extra Short	146–158 cm / 5'–5'2"	184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236
Short	158–170 cm / 5'2"–5'7"	84, 88, 92, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132, 136
Regular	170–182 cm / 5'7"–5'11"	42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68
Long	182–194 cm / 5'11"–6'4"	142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168
Extra Long	194–206 cm / 6'4"–6'9"	242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268

The official guide uses body length to determine the appropriate long/short construction

Men's Bottoms – Underwear & Rainwear

MEASUREMENT	VALUES
Waist	72, 80, 88, 96, 104, 120, 136, 152 cm
Waist in inches	28", 31", 35", 38", 41", 47", 54", 60"
Lower waist	77, 85, 93, 101, 109, 125, 141, 157 cm
Lower waist in inches	30", 33", 37", 40", 43", 49", 56", 62"
Regular inside leg	82 cm / 32"

zeproc

Corresponding sizes

SIZE	CORRESPONDING SIZE
XS	40/42
S	44/46
M	48/50
L	52/54
XL	56/58
2XL	60/62
3XL	64/66
4XL	68/70

zeproc

Men's Topwear – Added Sizes 2XL–6XL

SIZE	CHEST	WAIST
XS	84 cm / 33"	72 cm / 28"
S	92 cm / 36"	80 cm / 31"
M	100 cm / 39"	88 cm / 35"
L	108 cm / 43"	96 cm / 38"
XL	116 cm / 46"	104 cm / 41"
2XL	124 cm / 49"	112 cm / 44"
3XL	132 cm / 52"	120 cm / 47"
4XL	140 cm / 55"	128 cm / 50"
5XL	148 cm / 58"	136 cm / 54"
6XL	156 cm / 61"	144 cm / 57"

Regular body length:

170–182 cm / 5'8".
Corresponding regular sizes shown in the guide are 40/42, 44/46, 48/50, 52/54, 56/58, 60/62, 64/66 and 68/70.

This grading is specified for selected T-shirts/polos, sweatshirts/hoodies, fleece/midlayers, Stay Fresh and ProtecWork products. The exact size range should be checked under each individual product.

zeproc

Men's Jackets, Topwear & Overalls

REGULAR SIZE	CHEST	WAIST
XS	84 cm / 33"	72 cm / 28"
S	92 cm / 36"	80 cm / 31"
M	100 cm / 39"	88 cm / 35"
L	108 cm / 43"	96 cm / 38"
XL	116 cm / 46"	104 cm / 41"
2XL	132 cm / 52"	120 cm / 47"
3XL	148 cm / 58"	136 cm / 54"
4XL	164 cm / 65"	152 cm / 60"

Body-length options

LENGTH	BODY LENGTH	SIZE CONSTRUCTION
Short	158–170 cm / 5'4"	XS-Short to 4XL-Short
Regular	170–182 cm / 5'8"	XS to 4XL
Long	182–194 cm / 6'2"	XS-Long to 4XL-Long

Corresponding regular sizes:
40/42, 44/46, 48/50, 52/54, 56/58, 60/62, 64/66, 68/70.

Snickers notes that topwear, fleece and vests are available in Regular length. Selected sizes marked with an asterisk are standard stock items for ProtecWork jackets.

zeproc

Men's Gloves

GLOVE SIZE	HAND CIRCUMFERENCE	HAND LENGTH	MINIMUM GLOVE LENGTH*
7	178 mm	171 mm	230 mm
8	203 mm	182 mm	240 mm
9	229 mm	192 mm	250 mm
10	254 mm	204 mm	260 mm
11	279 mm	215 mm	270 mm

*For gloves made for a specific application, the minimum glove-length requirement may differ if stated in the product's user guide.

zeproc

Women's Trousers

WAIST	LOWER WAIST	SEAT
60 cm / 24"	71 cm / 28"	84 cm / 33"
64 cm / 25"	75 cm / 30"	88 cm / 35"
68 cm / 27"	79 cm / 31"	92 cm / 36"
72 cm / 28"	83 cm / 33"	96 cm / 38"
76 cm / 30"	87 cm / 34"	100 cm / 39"
80 cm / 31"	91 cm / 36"	104 cm / 41"
84 cm / 33"	95 cm / 37"	108 cm / 43"
88 cm / 35"	99 cm / 39"	112 cm / 44"
96 cm / 38"	107 cm / 42"	120 cm / 47"

zeproc

Women's Trousers

WAIST	LOWER WAIST	SEAT
104 cm / 41"	115 cm / 45"	128 cm / 50"
112 cm / 44"	123 cm / 48"	136 cm / 54"
120 cm / 47"	131 cm / 52"	144 cm / 57"

zeproc

Women's inside-leg options

FIT	INSIDE LEG	CORRESPONDING SIZES
Extra Short	67 cm / 26"	116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127
Short	73 cm / 29"	16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27
Regular	79 cm / 31"	32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54
Long	85 cm / 33"	64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 104, 108
Extra Long	91 cm / 36"	164, 168, 172, 176, 180, 184, 188, 192, 196, 200, 204, 208

Bottomwear & Underwear

The women's Bottomwear/Underwear size range is:
XS, S, M, L, XL, 2XL.

zeproc

Women's Jackets & Topwear

SIZE	CHEST	WAIST
XS	80 cm / 31"	64 cm / 25"
S	88 cm / 35"	72 cm / 28"
M	96 cm / 38"	80 cm / 31"
L	104 cm / 41"	88 cm / 35"
XL	120 cm / 47"	104 cm / 41"
2XL	136 cm / 54"	120 cm / 47"

zeproc

Body-length options

LENGTH	BODY LENGTH	SIZE
Short	152–164 cm / 5'2"	XS-Short, S-Short, M-Short, L-Short, XL-Short, 2XL-Short
Regular	164–176 cm / 5'6"	XS, S, M, L, XL, 2XL
Long	176–188 cm / 6'	XS-Long, S-Long, M-Long, L-Long, XL-Long, 2XL-Long

Corresponding regular sizes:
32/34, 36/38, 40/42, 44/46, 48/50, 52/54.

Snickers notes that women's topwear and fleece are available in Regular length. Sizes inside the blue frame in the official chart are Standard Stock Items