

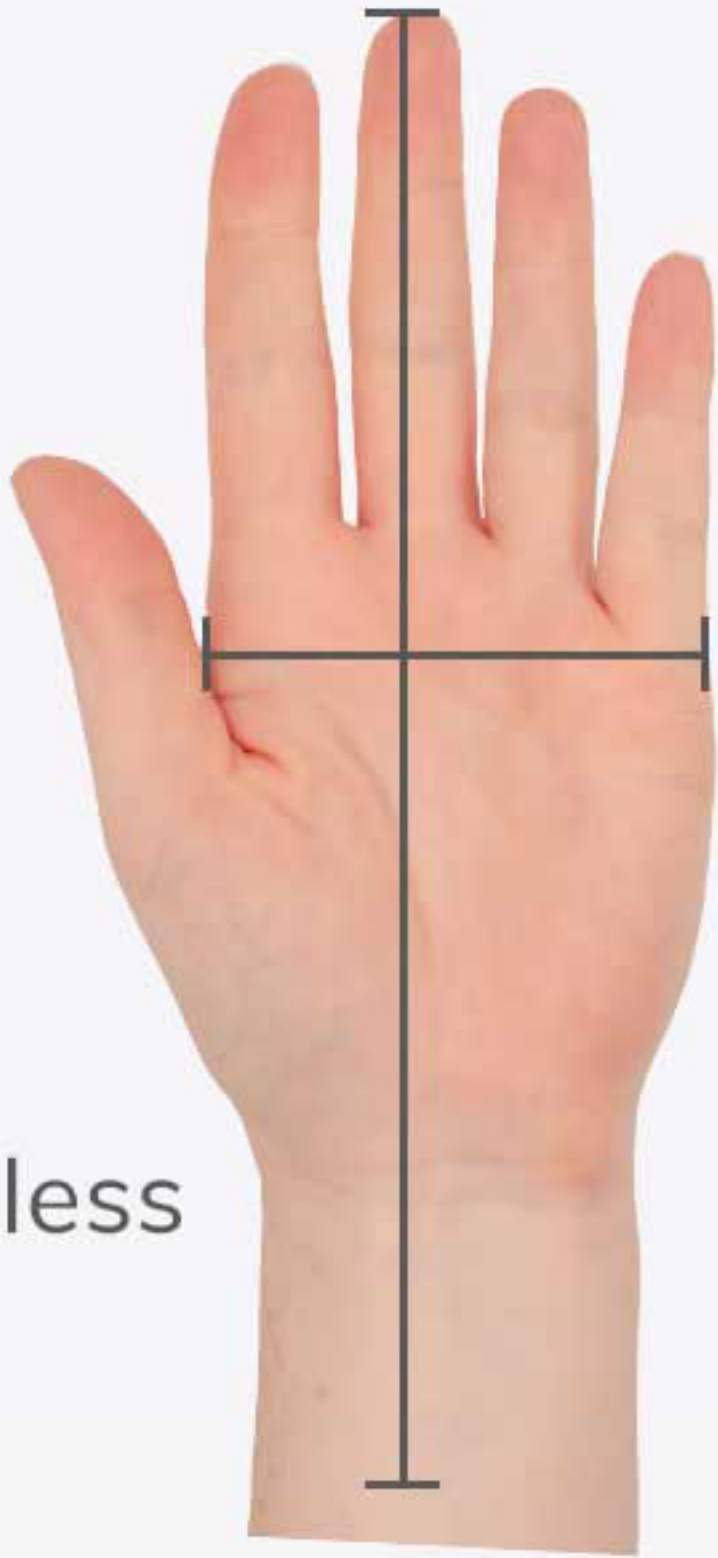
# Glove Size Guide

Industrial gloves fit your hands differently to other gloves due to the materials used to manufacture them. Please use our size chart given below and ensure that you review our glove descriptions and materials before selecting the gloves you want. This chart should only be used as a guideline; different styles of gloves will have small variations in measurements.

## Ways to Measure

### Measure Your Hand (Recommended)

For palm width: measure the width of your palm at the point where your hand naturally bends. For hand height (seamless gloves only): measure from the tip of your middle finger to where the cuff will end on your forearm. Compare these measurements to the chart to determine your recommended glove size. For seamless gloves: the stitching colour on the glove cuff matches the size colour in the chart.



### Print this Chart to Help Measure

Print this glove chart at 100% size to assist with accurate measurement. Reducing or enlarging the printout will result in inaccurate measurements. Place your right hand on the glove chart so that the saddle of your thumb and index finger line up with the X. The measurement closest to the right edge of your hand will be the recommended glove size.

Palm Width x Hand Height	Size
3.18 in. (8.1 cm) x 8.85 in. (22.5 cm)	5/XXS
3.3 in. (8.5 cm) x 9.25 in. (23.5 cm)	6/XS
3.4 in. (8.7 cm) x 9.6 in. (24.5 cm)	7/S
3.5 in. (9 cm) x 10 in. (25.5 cm)	8/M
3.8 in. (9.7 cm) x 10.2 in. (26 cm)	9/L
4 in. (10.2 cm) x 10.4 in. (26.5 cm)	10/XL
4.2 in. (10.7 cm) x 10.8 in. (27.5 cm)	11/XXL
4.4 in. (11.1 cm) x 11.2 in. (28.5 cm)	12/3XL

