

SIZE CHART - INDEX

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Men's Footwear

Length of your foot (inches)	Shoe size (US & CAN)	Shoe size (EU)	Shoe size (AUS/UK)
8.5	3	35.5	2.5
8.625	3.5	36	3
8.75	4	36.5	3.5
8.9375	4.5	37.5	4
9.0625	5	38	4.5
9.1875	5.5	38.5	5
9.25	6	39	5
9.5	6.5	40	6
9.625	7	41	6
9.75	7.5	41.5	6.5
9.9375	8	42	7
10.125	8.5	42.5	7.5
10.25	9	43	8
10.3475	9.5	44	8.5
10.5625	10	45	9
10.75	10.5	45.5	9.5
10.9375	11	46	10
11.125	11.5	46.5	10.5
11.25	12	47	11
11.5625	13	48	12
11.875	14	49	13
12.1875	15	50	14
12.38	16	51	15

Women's Footwear

Length of your foot (inches)	Shoe size (US & CAN)	Shoe size (EU)	Shoe size (AUS/UK)
8.1875	4	35	2
8.375	4.5	35	2.5
8.5	5	35	3
8.75	5.5	36	3.5
8.875	6	37	4
9.0625	6.5	37.5	4.5
9.25	7	38	5
9.375	7.5	38.5	5.5
9.5	8	39	6
9.6875	8.5	39	6.5
9.875	9	41	7
10	9.5	41.5	7.5
10.1875	10	42	8
10.3125	10.5	42.5	8.5
10.5	11	43	9
10.6875	11.5	44	9.5
11	12	45	10

How do I make sure to get the right size?

To measure your feet:

1. Get a blank piece of paper, a pencil and a tape measure.
2. Stand with one foot on the piece of paper, and have most of your weight on your foot to simulate walking.
3. Holding the pencil perfectly vertical and perpendicular to the paper, mark a line at the back of your heel and at the tip of your longest toe. Also mark a line along each side of the widest part of your foot.
4. Measure length and width to the nearest 16th inch and subtract .20 to .25 inches, or .50 centimetres, to account for the width of the pencil.
5. Find your corresponding size in the charts below.

A couple of tips to get the perfect fit:

- Measure your feet later in the day as feet normally swell and can become up to half a size bigger in the evening.
- Measure both feet and use the measurements of the biggest foot. Many people have feet that are different sizes.
- Wear the same type of socks you will generally be wearing on the job when you measure your feet.

Here are some general guidelines to assess fit once you've received your new boots:

- Try on new boots towards the end of the day.
- Walk around in a clean environment for a couple of hours to make sure the boots are comfortable.
- Try boots on both feet, as many people have feet that are different sizes.
- Boots should fit snugly around the heel and ankle when laced.
- The inner side of the boot should be straight from the heel to the end of the big toe.
- The boot should grip the heel firmly.

Apparel

Size	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large
Neck - Inches	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5
Neck - Centimetres	33-35	36-37	38-39	41-42	43-44	45-47	48-50
Chest - Inches	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Chest - Centimetres	76-81	86-91	97-102	107-112	117-122	127-132	137-147
Waist - Inches	27-28	29-31	32-34	36-38	40-42	44-46	48-50
Waist - Centimetres	68-71	73-78	81-83	91-96	101-106	111-116	121-127

Hint: For the most accurate results, measure yourself in your undergarments.

Neck: Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow ease in fit.

Chest: Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.

Waist: Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

Sleeve length: Bend your arm slightly. Measure from centre back neck, across your shoulder, down to your elbow, down to your wrist.

Hip: Measure around the fullest part of your hips, inserting your forefinger between the tape and your hip to allow ease in fit.

Inseam: Measure a similar pant that fits you well. Measure along the inseam, from the crotch seam to the bottom of the hem.

Between sizes?

If your measurements are in between those listed in the size chart, pick the next larger size.

Sources:

<https://workauthority.ca/pages/size-charts>