

Sizing Guide

Since a good fit is vital to safety and comfort, we recommend that you use the guidelines here to select the correct size of garments. All the garments in the Arco range are designed to allow you to do your job while they do theirs!

It is advisable to take your body measurements over light clothing – making no allowance for the garments themselves as we have done that for you!

Bust

Take the measurement across the fullest part and over the shoulder blades, with your arms by your side. YOUR BRA SIZE MAY NOT REFLECT YOUR TRUE BUST MEASUREMENT.

Waist

Around the smallest part of the body at the natural waistline.

Hips

Around the fullest part of the body, approximately 8" below the waist.

Inside Leg

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.

Important

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.

Ladies Sizing Details

Garment size	10	12	14	16	18
To fit Bust:					
Imperial	32	34	36	38	40
Metric	81	86.5	91.5	96.5	101.5
To fit Waist:					
Imperial	24	26	28	30	32
Metric	61	66	71	76	81
To fit Hips:					
Imperial	34	36	38	40	42
Metric	86.5	91.5	96.5	101.5	107



Collar

Place the tape approximately 1.5" above the collarbone. Ensure a proper fit by inserting two fingers in the tape, or add 0.5" to the actual measurement.

Chest

Take the measurement across fullest part and over the shoulder blades, with your arms by your side.

Waist

Remove belt and place the tape over the trouser at the natural waistline.

Inside Leg

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.

Important

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.

Men's and Unisex Sizing Details

Garment size	XS	S	M	L	XL	XXL	XXXL
To fit Chest:							
Imperial	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Metric	76-81	86.5-91.5	96.5-101.5	107-112	117-122	127-132	137-142

Waist sizes Imperial v Metric:

Imperial	30	32	34	36	38	40	42	44	46
Metric	76	81	86.5	91.5	96.5	101.5	107	112	117

Please take time to find the label inside each of the clothing items which show the appropriate care instructions. Use the guide below to help you care for your garments, to ensure they look smarter for longer.

Clothing Care Guide

Dry Cleaning	Do Not Dry Clean	Specialist Dry Clean Only			
Washing	Do Not Wash	Hand Wash	40° Wash	40° Wash Reduced Action	40° Wash Delicate Program
Bleaching and Chlorine	Do Not Bleach	Bleach Ok	Do Not Use Chlorine Bleach	Chlorine Bleach Ok	
Ironing	Do Not Iron	Cool Iron	Medium Iron	Hot Iron	
Drying	No Tumble	Low Tumble	High Tumble		