



Size Chart

ArcGuard 8 CAL Arc Flash Coveralls

ENESPRO® Arc Flash Coveralls are already designed oversized to fit over standard daily workwear. When using the ENESPRO® Sizing Chart, you should take your actual body measurements using a fabric measuring tape. Measuring while wearing daily workwear will cause you to order a garment that is too large.

Measure accurately and choose a garment size based on your widest actual physical measurements. Always round up to the larger size if your measurements fall between categories.

US SIZE	SM	MD	LG	XL	2X	3X	4X	5X
CHEST Inches Centimetres	30 – 34 76.2 – 86.4	34 – 38 86.4 – 96.5	38 – 42 96.5 – 106.7	42 – 46 106.7 – 116.8	46 – 50 116.8 – 127.0	50 – 54 127.0 – 137.2	54 – 58 137.2 – 147.3	58 – 62 147.3 – 157.5
WAIST Inches Centimetres	28 – 32 71.1 – 81.3	32 – 34 81.3 – 86.4	34 – 38 86.4 – 96.5	38 – 42 96.5 – 106.7	42 – 46 106.7 – 116.8	46 – 50 116.8 – 127.0	50 – 54 127.0 – 137.2	54 – 58 137.2 – 147.3

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Chest Measurement

- Positioning: Wrap the tape measure around the fullest part of your chest.
- Height: Keep the tape directly under your armpits and flat across your shoulder blades.
- Stance: Stand up straight, relax your arms at your sides and take a normal breath to allow the tape to settle naturally.
- Tension: Keep the tape firm and parallel to the floor, but do not pull it tight. You should be able to easily fit a finger behind the tape.

Waist Measurement

- Measure around the fullest part of your waist or midsection.
- Because ENESPRO® Coveralls feature a sewn-in elastic back waist designed to stretch and accommodate movement, measuring your widest midsection area ensures the garment won't bind or restrict you when bending or reaching.

It is highly recommended to have someone assist you when measuring your PPE clothing. Accurate sizing is critical for both safety and comfort.

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