



What Is My Glove Size?

The way a glove fits is a crucial factor in the dexterity of the working hand. Please use the chart and diagram below to identify your glove size:

Glove Size	Hand (mm)		Glove
	Palm Circumference	Length	Minimum Length
Small - 6/7	152	160	220
Medium - 7/8	178	171	230
Large - 8/9	203	182	240
Extra Large - 9/10	229	192	250
Extra Extra Large - 10/11	254	204	260

Using the incorrect size of glove can lead to a greater strain on your hand, causing it to tire more quickly. If the gloves is too small, it can cut off your circulation and if the glove is too big, it can make movement imprecise.

Check Your Size of Glove

Place your right hand over the sizing chart: with the red line between your thumb and index finger. Your size will be indicated to the right of your hand.

S M L X XL
L XL