

# HELLY HANSEN WORKWEAR SIZE GUIDE

EN 340:2004  
Protective clothing - General requirements

Helly Hansen protective clothing is designed and manufactured in such a way that it does not have any effect on the user's health or hygiene. The design guarantees a correct fit and protection for the body when used correctly.

The design and material offer function and comfort. The material offers good fade-resistance, stability, strength and durability, to ensure that the garments have a long life, even with heavy use and many washes.

Size grading is based on body measurements in centimetres, see the size guide. All garments are properly marked on garment labels and on external labels to indicate the information required for the standard.

## MEN'S

Garment size	XS	S	M	L	XL	2XL	3XL
	44	46	48-50	52-54	56-58	60-62	64

Europe regular		C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64
① Chest	Cm Inches	88 34,5	92 36	96 37,5	100 39	104 41	108 42,5	112 44	116 45,5	120 47	124 48,5	128 50
② Waist	Cm Inches	76 30	80 31	84 33	88 34	92 36	96 38	100 39	104 41	108 42	112 44	116 45
③ Hips	Cm Inches	94 37	98 38,5	102 40	106 41,5	110 43	114 45	118 46	122 48	126 49,5	130 51	134 52,5
④ Inside leg length	Cm Inches	78 30,5	80 31,5	81 32	82 32	83 32,5	84 33	85 33,5	86 34	87 34	88 34,5	88 34,5
⑤ Body height	Cm Inches	164-170 64,5-66,5	170-176 66,5-69	176-182 69-71,5	176-182 69-71,5	182-188 71,5-74	182-188 71,5-74	188-194 74-76	188-194 74-76	188-194 74-76	188-194 74-76	188-194 74-76

WW Metric Measurements		3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	Cm Inches	80 31	84 33	88 34	92 36	100 39	108 42	116 45	124 48,5	132 52	140 55	148 58,5	156 65
Waist	Cm Inches	68 27	72 28,5	76 30	80 31	88 34	96 38	104 41,5	112 44	120 47	128 50	136 53,5	144 56,5
Hips	Cm Inches	86 34	90 35	94 37	98 38,5	106 41,5	114 45	122 48	130 51	138 54,5	146 57,5	154 60,5	162 63,5
Inside leg length	Cm Inches	74 29	76 30	78 30,5	80 31	82 32	84 33	86 34	88 34,5	89 35	89 35	89 35	89 35
Body height	Cm Inches	162 64	166 65,5	170 67	174 68,5	180 71	184 72,5	188 74	192 75,5	194 76	194 76	194 76	194 76

Europe tall		C144	C146	C148	C150	C152	C154	C156	C158	C160	C162	C164
④ Inside leg length	Cm Inches	83 32,5	85 33,5	86 34	87 34	88 34,5	89 35	90 35	91 35,5	92 36	93 36,5	93 36,5
⑤ Body height	Cm Inches	169,5-175 66-68,5	175-181 68,5-71	181-187 71-73,5	181-187 71-73,5	187-193 73,5-75,5	187-193 73,5-75,5	193-199 75,5-78	193-199 75,5-78	193-199 75,5-78	193-199 75,5-78	193-199 75,5-78

Europe small		D88	D92	D96	D100	D104	D108	D112	D116	D120
② Waist	Cm Inches	82 32,5	86 34	90 35	94 37	98 38,5	102 40	106 41,5	110 43	116 45,5
③ Hips	Cm Inches	96 39	100 39,5	104 41	108 42,5	112 44	116 45,5	120 47	124 48,5	128 50
④ Inside leg length	Cm Inches	74 29	75 29,5	76 30	77 30	78 30,5	79 31	80 31,5	81 32	82 32,5

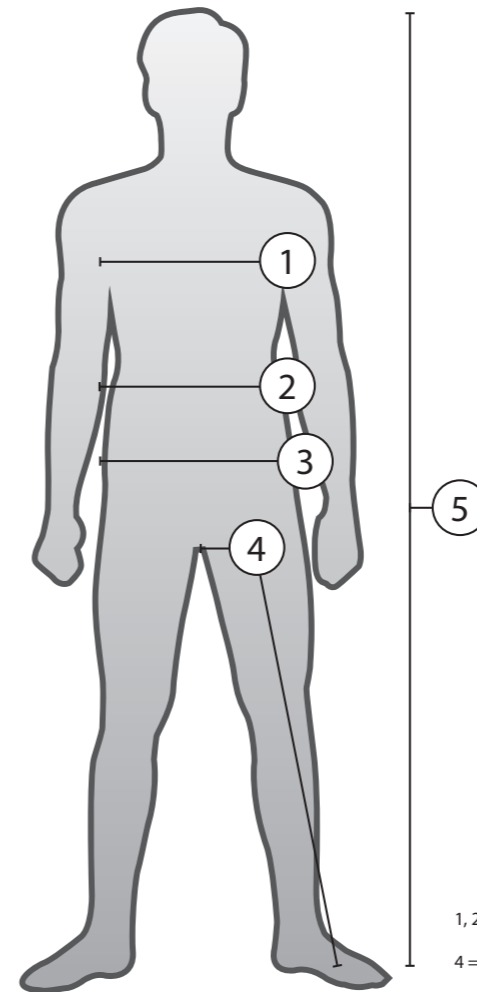
Hats	S	M	L	XL	2XL
Europe	55-56	57-58	59-60	61-62	63-64
UK	6 3/4 - 6 7/8	7 - 7 1/8	7 1/4 - 7 3/8	7 1/2 - 7 5/8	7 3/4 - 7 7/8
US	7	7 1/8 - 7 1/4	7 3/8 - 7 1/2	7 5/8 - 7 3/4	7 7/8 - 8

Socks					
Europe	37-39	40-42	43-45	46-48	
UK	4-6	6 1/2 - 8 1/2	9 - 10 1/2	11 - 12 1/2	
US	5 - 6 1/2	7 - 8 1/2	9 - 11 1/2	12 - 13	

## WOMEN'S

Garment size		XS	S	M	L	XL	2XL	3XL
① Chest	Cm Inches	84 33	88 34,5	92 36	100 39,5	108 42,5	116 45,5	124 48,5
② Waist	Cm Inches	68 27	72 28,5	76 30	84 33	92 36	100 39	108 42,5
③ Hips	Cm Inches	92 36	96 38	100 39,5	108 42,5	116 45,5	124 48,5	132 52
④ Inside leg length	Cm Inches	76 30	78 30,5	80 31,5	82 32,5	84 33	86 34	88 34,5
⑤ Body height	Cm Inches	160 63	164 64,5	168 66	172 67,5	176 69,5	180 71	184 72,5

Garment size		C34	C36	C38	C40	C42	C44	C46	C48	C50
① Chest	Cm Inches	78-82 30-32,5	82-86 32,5-34	86-90 34-35,5	90-94 35,5-37	94-98 37-38,5	98-102 38,5-40	102-106 40-41,5	106-110 41,5-43,5	110-114 43,5-45
② Waist	Cm Inches	62-66 24,5-26	66-70 26-27,5	70-74 27,5-29	74-78 29-30,5	78-82 30,5-32,5	82-86 32,5-34	86-90 34-35,5	90-94 35,5-37	94-98 37-38,5
③ Hips	Cm Inches	86-90 34-35,5	90-94 35,5-37	94-98 37-38,5	98-102 38,5-40	102-106 40-41,5	106-110 41,5-43,5	110-114 43,5-45	114-118 45-46,5	118-122 46,5-48
④ Inside leg length	Cm Inches	74 28	76 30	78 30,5	80 31,5	81 32	82 32,5	83 32,5	84 33	85 33,5
⑤ Body height	Cm Inches	154-158 60,5-62	158-162 62-64	162-166 64-65,5	166-170 65,5-67	166-170 66,5-67	170-174 67-68,5	170-174 67-68,5	174-178 68,5-70	174-178 68,5-70



1, 2, 3, 5 = Body measurement  
4 = Length, inside leg

## UNISEX

MEN'S SIZE	WOMEN'S	SIZES
XXS	36	S
S	38	M
M	40/42	L
L	44/46	XL
XL		2XL

Gloves					
Sizes	7	8	9	10	