

# Glove Sizing Chart

It's vital that protective gloves fit correctly so it is important that you know your correct hand size.

If the glove is too small, it could cut off the blood circulation restricting hand movement.

If the glove is too big the gloves can slip making it difficult or unsafe to handle objects.

Measure the circumference of the palm and the length from the wrist to the tip of the index finger the compare with the chart below.

## EN420 Sizing of Gloves

Glove Size	Palm Circumference	Hand Length	Glove Minimum Length
6	152 mm	160 mm	220mm
7	178 mm	170 mm	230mm
8	203 mm	182 mm	240mm
9	229 mm	192 mm	250mm
10	254 mm	204 mm	260mm
11	279 mm	215 mm	270mm

