

# WASHING INSTRUCTIONS & SYMBOLS

## WASHING

All our garments are properly tested. Each of them has its own washing instructions, and it's important to follow these. If a garment is always washed with similar colours and at the recommended temperature, it will stay good looking for longer.

If the label says Wash separately in the washing instructions, this means that the colour of the fabric may run – for these garments, which may initially have a little extra dye, it is particularly important to follow the washing instructions to not harm any other garments.

## PREWASH

Use the same amount of detergent as in the main wash cycle when prewashing very dirty clothes, skip the prewash cycle completely for less dirty garments to save water and energy. Soaking garments is not recommended due to the damage which undissolved detergent can do to fabrics.

## DETERGENT

Always be sure to use the correct amount of detergent – use the detergent packaging as reference. Choose a bleach-free detergent which is suitable for the temperature of the wash.

## DRYING

Only tumble dry as a last resort – if you have enough time and space, hanging garments out to dry is recommended as this is better for your clothes. Smooth out the fabric and the seams before hanging up a garment. When tumble drying, the garment should never be completely dried, as this causes unnecessary wear and can cause shrinkage.



Shows the recommended wash temperature



Do not tumble dry



Do not iron



Delicate cycle



Tumble dry on low heat (50°C)



Professional leather clean



Do not use chlorine bleach



Cool iron –110°C max, suitable for nylon



Do not wring



Dry-clean, but do not use chemicals stronger than perchloroethylene



Cool iron –150°C max, suitable for polyester/cotton



Hand wash only



Do not dry-clean



Cool iron –200°C max suitable for cotton

# SIZE GUIDE



## MEN REGULAR

Size	XS	S		M		L		XL		XXL		3XL		4XL		5XL
	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64				
Chest (")/cm	33/84	34,5/88	36/92	38/96	39,5/100	41/104	42,5/108	44/112	45,5/116	47/120	49/124	50/128	52/132	53,5/136	55/140	57/144
Waist (") /cm	28/72	30/76	30/80	33/84	34,5/88	36/92	38/97	40/102	42,5/108	45/114	47/120	49,6/126	51/130	53/134	54/138	56/142
Hip (") /cm	35/90	37/94	38,5/98	40/102	41,5/106	43/110	45/114	46,5/118	48/122	49,5/126	51/130	52,8/134				
Inside leg (") /cm	30/76	30/76	30,5/78	31/79	31,5/80	32/81	32/82	32,5/83	32,5/83	33/84	33/84	33,5/85				
Size conversion to inches		30/30	31/30	32/32	34/32	36/32	38/32	40/32	42/32	44/32	46/32	48/32				

## MEN TALL

Size	C146	C148	C150	C152	C154	C156
Chest (")/cm	36/92	38/96	39,5/100	41/104	42,5/108	44/112
Waist (") /cm	31,5/80	33/84	34,5/88	36/92	38/97	40/102
Hip (")/cm	38,5/98	40/102	41,5/106	43/110	45/114	46,5/118
Inside leg (")/cm	32,5/83	33/84	33,5/85	34/86	34/87	34,5/88
Size conversion to inches		32/34	34/34	36/34	38/34	40/34

## MEN SHORT

Size	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120
Chest (")/cm	33/84	34,5/88	36/92	38/96	39,5/100	41/104	42,5/108	44/112	45,5/116	47/120
Waist (") /cm	30,5/78	32/82	34/86	35,5/90	37/94	38,5/98	40,5/103	42,5/108	45/114	47/120
Hip (")/cm	36/92	38/96	39,5/100	41/104	42,5/108	44/112	45,5/116	47/120	49/124	49,5/126
Inside leg (")/cm	28,5/72	28,5/73	29/74	29,5/75	30/76	30,5/77	31/78	31/79	31/79	31,5/80
Size conversion to inches	30/28	32/30	34/30	35/30	36/30	38/30	40/30	42/30	44/30	46/30

## WOMEN

Size	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50
A Chest cm	76	80	84	88	92	96	100	104	110	116
B Waist cm	63	66	69	72	76	80	84	88	93	99
C Hip cm	87	90	93	96	99	102	106	110	115	120
D Crotch length cm	75	76	77	78	79	80	81	82	83	84

## WOMEN SHORT

Size	D18	D19	D20	D21	D22	D23	D24	D25
A Chest cm	84	88	92	96	100	104	110	116
B Waist cm	73	77	81	85	89	93	98	104
C Hip cm	99	102	105	108	112	116	121	126
D Crotch length cm	74	75	76	77	78	78	78	78

## SIZE KEY GARMENTS

Men	Men	Women	Women	shirts, neck width
		32	XS	
XS	40-42	34-36	S	35-36
S	44-46	38-40	M	37-38
M	48-50	42-44	L	39-40
L	52-54	46-48	XL	41-42
XL	56-58	50-52	XXL	43-44
XXL	60-62	54	XXXL	45-46
XXXL	64-66			47-48

## CHOOSE SIZE CAREFULLY

Size is extremely important when it comes to work clothes – it affects function, wear and ergonomics. PROJOB clothing is designed with flexibility in mind. Clothes that are the wrong size prevent the wearer from moving around freely. Pockets and other functional details which are used repeatedly during the working day need to be positioned where they can be reached easily. If the clothing is the wrong size, either the positioning of the pockets will force the wearer to make strenuous movements, or the pockets will serve no purpose at all. It's also extremely important for the knee protectors to be in the right place to prevent unnecessary wear. The size also affects how long clothes last – the tighter the garment, the greater the strain on the seams and the fabric.

The PROJOB collection includes sizes to meet every need. Almost all our tops are available in XS-4XL and almost all our trousers are available in C44-C62, D84-D120 and C146-C156.