

## Glove Sizing Guide

Selecting the right glove size means a comfortable, safe fit, and helps ensure that workers will wear their gloves. Gloves that are too large reduce dexterity and can get caught in machinery. Gloves that are too small are binding and cause the hand to tire more quickly.

To find your glove size, use a tape measure to determine the circumference of your hand around the palm area. If your hand circumference is 9", for example, your closest glove size is a 9. Be aware that gloves can also come in non-numerical sizes. In most cases, the size conversion chart below should be a good guide.

Non-numerical Size	Numerical Size
Extra Small (XS)	6-7
Small (S)	7-8
Medium (M)	8-9
Large (L)	9-10
Extra Large (XL)	10-11
Extra Extra Large (XXL)	11-12

Of course, there are other methods for determining glove size. For your convenience, one of our suppliers has created the following chart that bases glove size on hand width. Please feel free to use it as well, understanding that all of these resources are just guides. Glove sizing varies, depending on manufacturer, origin, and style. Your exact fit will ultimately be found only through use.

