

# SIZES AND MEASUREMENTS OF HANDS

SS-EN ISO 21420:2020

A properly fitted work glove is essential to performing procedures correctly. Gloves that have the correct size will provide the highest level of comfort and dexterity while also protecting the hands.

The size guide will help you to find the right size of your glove.

SIZES OF HANDS		Hand size	A Hand circumference, mm	B Hand length, mm
		4	101	<160
		5	127	<160
		6	152	160
		7	178	171
		8	203	182
		9	229	192
		10	254	204
		11	279	215
		12	304	>215
		13	329	>215

## Measurement of the hand

To determine glove size, measure around the dominant hand with a soft tape measure.



**A.** The circumference of the hand is measured with a tape, 20 mm from the crotch between thumb and index finger.



**B.** To determine hand length, measure from the bottom edge of palm to the tip of your middle finger.

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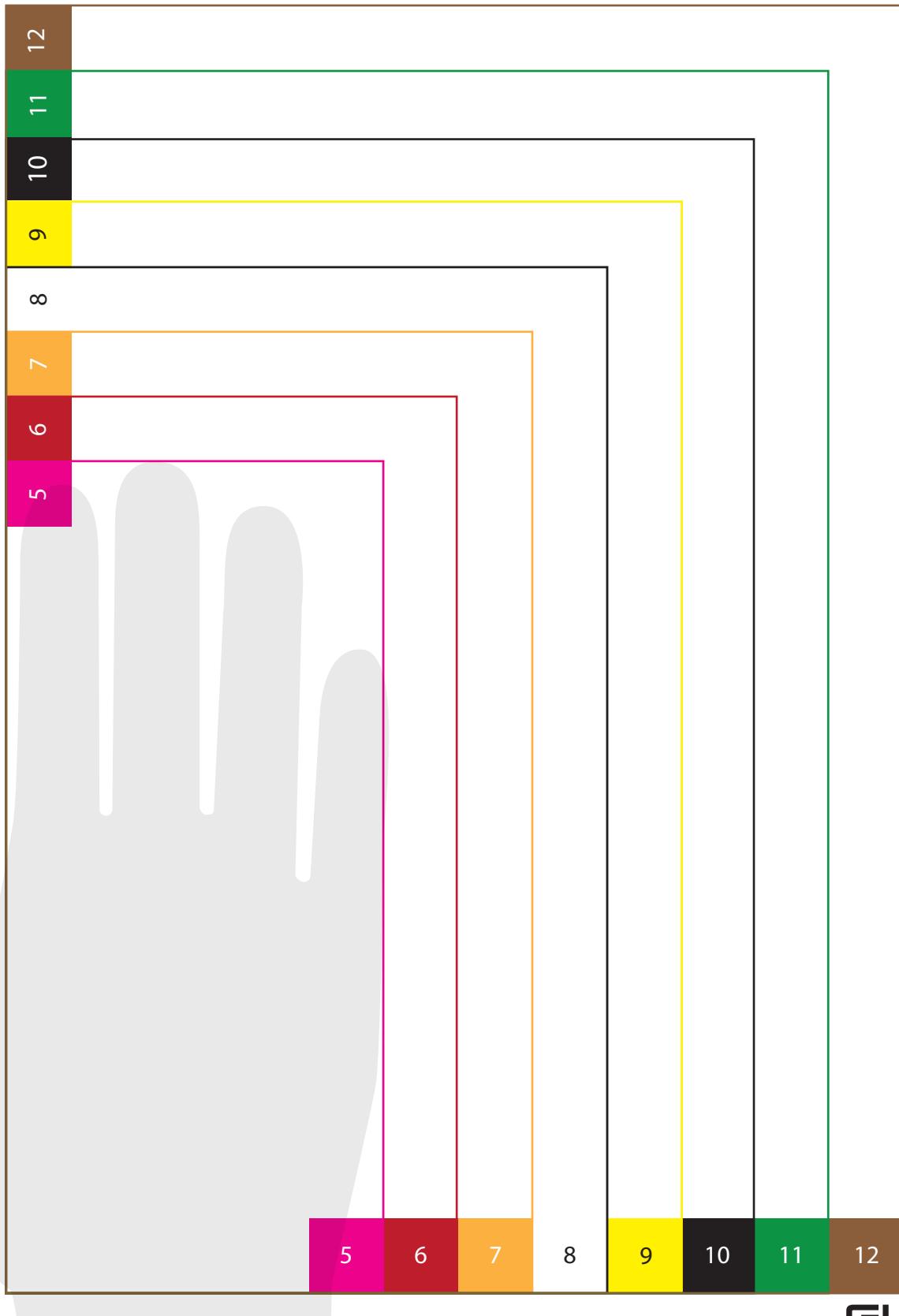
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1. Print the sheet in A4 paper without change the size and check print's scale with a ruler



2. Put the bottom edge of your palm in the horizontal line with numbers and the side of your hand in the horizontal line with number.

Check the palm dimension without the thumb.



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