
LANTAOWORK

www.lantaowork.com

COVERALL SIZING & MEASUREMENT

Coverall Measurement Guide & Size Charts

Measure the worker, then the garment. A 6-point body sequence, men's and women's finished-garment size charts, and the AQL 2.5 tolerance that gates them.

Version 1.0

Last updated: August 31, 2026

DISCLAIMER

This guide is practical measurement guidance, written from a China-side factory's perspective. It is not legal, tax, compliance, or safety advice. Size charts vary by pattern block and product; confirm exact garment certification and fit against an approved sample before you commit funds.

How to Measure a Worker for Coveralls

A 6-point body sequence. Order matters — chest to torso — so the pattern block gets clean inputs.



Chest — Measure the fullest point just under the armpits.

Evidence: Record to the nearest 0.5". No ease is added at this step — ease comes from the pattern block.



Waist — Measure the natural bend, or the largest midsection if worn over heavy layers.

Evidence: Measure over the work base layer, not bare skin. FR layering adds to this dimension.



Hip / Seat — Measure the widest pelvic point. This is critical for women's fits.

Evidence: The female block grades hip first — hip-to-waist ratio drives the cut.



Inseam — Measure from the crotch seam down to the ankle bone.

Evidence: Allow +1–1.5% for FR wash shrinkage across a 100-cycle laundry test.



Sleeve / Reach — Check arm length to ensure safe overhead mobility.

Evidence: Action-back shaping adds +2" reach on L and up; verify for overhead arc-flash.



Torso / Girth — Measure the full trunk loop to prevent crotch binding.

Evidence: Compare to hip plate. Add ease for crouch/creep postures — seat ease $\geq 5"$.

Men's Coverall Size Chart

LantaoWork Factory Pattern Block — ISO 13688 + ISO 8559-1/-2 Sizing · AQL 2.5 Verified

Size	Chest (in)	Waist (in)	Hip/Seat (in)	Inseam (in)	Height Range	Chest Ease	FR / Layering Note
S	34–36	28–30	35–38	30	5'6–5'8	+3.5"	Not recommended for FR — size up to M for base-layer clearance
M	37–39	31–34	38–41	30.5	5'7–5'10	+4"	Single-layer FR only; verify sleeve length for overhead arc-flash reach
L	40–42	35–38	41–44	31	5'9–6'0	+4"	Min. recommended for FR + light base layer; most-sampled size in bulk RFQs
XL	43–45	39–43	44–47	31.5	5'10–6'1	+4.5"	Standard FR + mid-layer fit; 100-cycle wash shrinkage accounted (+1.2%)
2XL	46–48	44–48	47–51	31.5	5'11–6'2	+5"	FR + thermal base layer; highest-volume bulk order size in 2024
3XL	49–52	49–53	51–55	32	6'0–6'3	+5.5"	Heavy FR layering; confirm seat ease $\geq 5"$ for crouch/creep work postures
4XL	53–56	54–59	55–59	32	6'1–6'4	+5.5"	Requires custom grade-rule adjustment for FR — consult QA team before PO
5XL	57–60	60–65	59–64	32.5	6'2–6'5	+6"	Pattern-level modification required; contact pattern engineer for pre-production fit sample

AQL 2.5 Tolerance Note: All finished-garment measurements above are verified against our master pattern block with a $\pm 0.5"$ tolerance. Any bundle where a chest or inseam measurement falls outside this window is rejected at inline inspection — not at final audit.

Women's Coverall Size Chart

LantaoWork Female Pattern Block — Hip-Prioritized Grading · AQL 2.5 Verified

Size	Chest (in)	Waist (in)	Hip/Seat (in)	Inseam (in)	Height Range	Built-in Ease Note
XS	32–34	25–27	36–38	29.5	5'2–5'5	+3.5" chest, +5" hip — seat-mobility priority
S	34–36	27–30	38–41	29.5	5'3–5'7	+3.5" chest, +5" hip — top-selling female size (2024 RFQ data)
M	36–39	30–33	41–44	30.5	5'4–5'8	+4" chest, +5" hip — hip-to-waist ratio 1.33:1
L	39–42	33–37	44–47	31	5'5–5'9	+4.5" chest, +5" hip — action-back shaping, +2" reach
XL	42–45	37–41	47–50	31	5'6–5'10	+5" chest, +5" hip — largest OTS female block
2XL	45–48	41–46	50–54	31.5	5'7–5'11	+5" chest, +5.5" hip — custom grade-rule (non-standard 4" step)
3XL	48–52	46–51	54–58	32	5'8–6'0	+5.5" chest, +6" hip — pattern-level FR adjustment required

AQL 2.5 Tolerance Note: Women's sizing grades hip first. Verify seat ease ≥5" for crouch/creep postures and confirm hip-to-waist ratio before bulk. Same ±0.5" inline rejection window applies.

LANTAOWORK COVERALL GUIDE

Get the Fit Right on the First Sample.

Send us your worker's measurements and job site — we return a hazard-matched spec, a pattern-matched size run, and a 48-hour 3D preview before you commit.

CONTACT US

Website www.lantaowork.com

Email info@lantaowork.com

Office Hangang Sci & Tech Industrial Park, Jintan Road,
Dongxihu District, Wuhan, Hubei, China

Request a free, transparent quote: <https://www.lantaowork.com/contact-us/>