

NHS Healthcare Uniform Sizing Guide

Measurements in Centimetres
For inches please see pages 3–4

Smart Scrub	Height Guide		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short fit 165.09cm and below	Chest	64	73	74	83	84	93	94	103	104	113	114	123	124	135	136	145	146	155	156	165
	Reg fit 165.10cm to 175.25cm	Waist	58	67	68	77	78	87	88	97	98	107	108	117	118	129	130	139	140	149	150	159
	Long fit 175.26cm to 195cm	Hip	71	80	81	90	91	100	101	110	111	120	121	130	131	142	143	152	153	162	163	172

Dress	Height Guide		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short fit 157.48cm and below	Chest	64	73	74	83	84	93	94	103	104	113	114	123	124	135	136	145	146	155	156	165
	Reg fit 157.49cm to 177.79cm	Waist	58	67	68	77	78	87	88	97	98	107	99	118	118	129	130	139	140	149	150	159
	Long fit 177.80cm to 195cm	Hip	69	78	79	88	89	98	99	108	109	118	119	128	129	140	141	150	151	160	161	170

Shorts Low Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Regular 25cm length	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	66	75	76	85	86	95	96	105	106	115	116	125	126	137	138	147	148	157	158	167

Trousers High Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short 69cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	69	78	79	88	89	98	99	108	109	118	119	128	129	137	138	147	148	157	158	167
	Regular 74cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	69	78	79	88	89	98	99	108	109	118	119	128	129	137	138	147	148	157	150	167
	Long 79cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	69	78	79	88	89	98	99	108	109	118	119	128	129	137	138	147	148	157	158	167
	Unhemmed 91cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	69	78	79	88	89	98	99	108	109	118	119	128	129	137	138	147	148	157	158	167
	Please select the unhemmed fit if your inside leg measure exceeds the long fit length																					

Trousers Low Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short 74cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	66	75	76	85	86	95	96	105	106	115	116	125	126	137	138	147	148	157	158	167
	Regular 79cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	66	75	76	85	86	95	96	105	106	115	116	125	126	137	138	147	148	157	158	167
	Long 84cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	66	75	76	85	86	95	96	105	106	115	116	125	126	137	138	147	148	157	158	167
	Unhemmed 91cm	Waist	64	71	72	80	81	87	88	97	98	107	108	119	120	129	130	139	140	149	150	159
		Hip	66	75	76	85	86	95	96	108	106	115	116	125	126	137	138	147	148	157	158	167
Please select the unhemmed fit if your inside leg measure exceeds the long fit length																						

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Measurements in Inches
For centimetres please see pages 1–2

Smart Scrub	Height Guide		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short fit 5ft 4in and below	Chest	25	28.5	29	32.5	33	36.5	37	40.5	41	44.5	45	48.5	49	53.5	54	57.5	58	61.5	62	65.5
	Reg fit 5ft 4in to 5ft 7in	Waist	22	26.5	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
	Long fit 5ft 8in to 6ft 3in	Hip	27	31.5	32	35.5	36	39.5	40	43.5	44	47.5	48	51.5	52	55.5	56	59.5	60	63.5	64	67.5

Dress	Height Guide		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short fit 5ft 1in and below	Chest	25	28.5	29	32.5	33	36.5	37	40.5	41	44.5	45	48.5	49	52.5	53	56.5	57	60.5	61	64.5
	Reg fit 5ft 1in to 5ft 8in	Waist	22	26.5	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
	Long fit 5ft 8in to 6ft 3in	Hip	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5	63	66.5

Shorts Low Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Regular 9in length	Waist	25	27.5	28	31.5	32	35.5	36	39.5	40	43.5	44	47.5	48	51.5	52	55.5	56	59.5	60	63.5
		Hip	26	29.5	30	33.5	34	37.5	38	41.5	42	45.5	48	51.5	52	55.5	56	59.5	60	63.5	64	67.5

Please note all measurements are approximate.

Trousers High Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short 27in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5	63	66.5
	Regular 29in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5	63	66.5
	Long 31in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5	63	66.5
	Unhemmed 35in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	27	30.5	31	34.5	35	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5	63	66.5
	Please select the unhemmed fit if your inside leg measure exceeds the long fit length																					

Trousers Low Rise	Inside Leg Length		U1		U2		U3		U4		U5		U6		U7		U8		U9		U10	
	Short 29in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	26	29.5	30	33.5	34	37.5	38	41.5	42	45.5	46	49.5	50	53.5	54	57.5	58	61.5	62	65.5
	Regular 31in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	26	29.5	30	33.5	34	37.5	38	41.5	42	45.5	46	49.5	50	53.5	54	57.5	58	61.5	62	65.5
	Long 33in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	26	29.5	30	33.5	34	37.5	38	41.5	42	45.5	46	49.5	50	53.5	54	57.5	58	61.5	62	65.5
	Unhemmed 35in	Waist	25	27.5	28	31.5	32	35.5	36	38.5	39	42.5	43	46.5	47	50.5	51	54.5	55	58.5	59	62.5
		Hip	26	29.5	30	33.5	34	37.5	38	41.5	42	45.5	46	49.5	50	53.5	54	57.5	58	61.5	62	65.5
	Please select the unhemmed fit if your inside leg measure exceeds the long fit length																					