

Using cWorld’s measuring guide you can determine easily and quickly which size of radiation protection clothing you need.

Notice: it is easier to ask someone have you measured than do all the measurements by yourself.

(1) Body height.
As for any other purpose, simply measure your total height. This gives you an estimation for your general size in case you are unaware of it.
Notice: It is worth knowing your weight for the same person, too

(2) For aprons: shoulder to knees.
Aprons which provide protection for the whole body are worn on the shoulders and they must be at least of knee length. (The knees are among the body parts which are susceptible to radiation.) Measure your height (length) from the middle of one shoulder to the lower end of a knee. It is important to stand straight for this process. (For a person of 180cm height it should be around 120cm.) In case of planning to buy a one-piece apron, it gives you the length you need.

Notice: wearing an apron which is too long might not cause problems regarding radiation, but means extra weight you should carry.

(3) For vest-skirt costumes: Shoulder to below hip, waist to knees.
In case of planning to buy a two-piece costume (a vest-skirt set) or either a vest or a skirt, two more pieces of data are important.
(3/A) First, measure your height (length) from the middle of one shoulder to about 5 cm below your hip. It gives you the length of the vest you need.
(3/B) Next, measure your height (length) from your waist to the lower end of your knees. It gives you the length of the skirt you need.
Stand straight for this process.
In case of planning to buy a vest-skirt costume, it gives you the lengths of the two parts you need.

Notice: the parts of a vest-skirt costume must overlap. If the pieces are not long enough, there will be a gap between the protection elements when the wearer bends forward. This can leave your waist unprotected and exposed to radiation.

(4) Width of shoulders.
Measure your back at the widest part: from shoulder to shoulder. Keep your arms down and close to the sides of your body, and stand straight.

(5) Breast – front and back.
For determining this piece of data, you have to measure your front and your back separately.
(5/A) First, measure your back at the height of the widest part of your breast(s), from one of the middle points (halfway between your front and back side) to the other.
(5/B) Next, measure your breast(s) at the widest part, again, between the middle points described above.
Add these two pieces of data to determine your breast girth.
Stand straight during the process and do not change position between the two measurements.

(6) Waist.
Measure the girth of your waist horizontally. In many cases (especially for women), but not always, it is the slimmest part of your upper body if you look yourself face-to-face in a mirror.

(7) Hip.
Measure the girth of your hip horizontally, at the widest part of it.

These four steps above tell you the general idea of your width.
Compare the following data:

- width of shoulders
- the average of your front and back breast measurements
- the half of your waist girth
- the half of your hip girth

The highest value of these will tell you the width you need. (Because, radiation protection aprons are more or less rectangular.)
Consult the size tables of our Webshop to determine which size you should order.

For people with an average build, choosing the length they need, show a similar width they need.
If there are small differences (<5cm), keep it in mind that most models have buckles, straps and Velcros witch you can “tailor” the apron for your specific size with. In doubt – being unable to choose between two sizes –, it is usually better to order the bigger one.

For people with an unusual build, we recommend ordering customized products, by sending over the measured data via the form can be found there.

Should you have any more questions regarding the sizes, feel free to contact us.

Apron size table

SKU	XS	S	M	L	XL	XXL
	Length * Width (cm)					
N-XR-1	80*48	90*52	100*60	110*63	120*69	130*78
N-XR-2	80/70*45	90/80*48	100/90*55	110/100*60	120/110*65	130/120*70
	Front / Back					
N-XR-3	Vest					
	43(L)*40 (W)	47(L)*45 (W)	55(L)*55 (W)	62(L)*58 (W)	72(L)*60 (W)	82(L)*65 (W)
	Skirt (Width = Hip)					
	50(L)*85 (W)	50(L)*95 (W)	60(L)*110 (W)	65(L)*125 (W)	65(L)*135 (W)	70(L)*145 (W)
N-XR-4	80*48	90*52	100*60	110*63	120*69	130*78

