

RESPRO® MASK SIZING

As a rule of thumb, mask sizing is as follows;

SMALL:

5' Average Build - 5'4" Light Build*

MEDIUM:

5' Heavy Build - 5'6" Average Build

LARGE:

5'6" Heavy Build - 6' Average Build

X-LARGE:


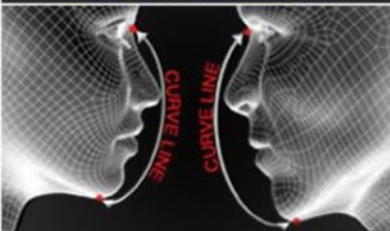

6' Heavy Build - 6'+ Average Build

*Small sizes are **ONLY** available with the Respro® Allergy mask.

		HEAVY BUILD	MEDIUM BUILD	LIGHT BUILD	V. LIGHT BUILD
		13 - 16 stone	11 - 13 stone	8 - 11 stone	6 - 8 stone
		182 - 224 lbs	154 - 182 lbs	100 - 154 lbs	80 - 100 lbs
		83 - 102 kg	70 - 82 kg	45 - 69 kg	35 - 45 kg
HEIGHT (Metric)	HEIGHT (Imperial)				
182 - 190 cm	6' - 6'3"	XL	L	L	L
175 - 181 cm	5'9" - 5'11"	XL - L	L	L - M	M
165 - 174 cm	5'5" - 5'8"	XL - L	L - M	M	M
152 - 164 cm	5' - 5'4"	L	L - M	S	S

The above chart is only a guideline. The images below show how to take accurate measurements of your head/hat size, neck/collar size, eye to chin size and face shape

HOW TO TAKE ACCURATE MEASUREMENTS

HEAD OR HAT SIZE	EYE TO CHIN LENGTH	SHIRT OR NECK SIZE
		
Using a piece of cotton or string, measure the circumference around the head. Use a ruler to determine the length of string. This is the head or hat size circumference.	Take a piece of string and place it between the eyes on the top of the nose bridge. Run the string over the tip of your nose and down to just under the chin. This is the eye to chin length.	Using a piece of cotton or string, measure the circumference around the neck. Use a ruler to determine the length of string. This is the neck circumference. Easier still, check your shirt size.

CHOOSE YOUR FACE SHAPE

LONG	REGULAR	WIDE
		