

**GUIDE**

# PRINCIPLE Cleanroom Glove Measurement Guide

**TECHNICAL GUIDE**

This guide can be used for all our PRINCIPLE cleanroom nitrile and latex gloves ensuring you get the correct fit. Badly fitting gloves can lead to risk of contamination and could compromise your clean area.



View our full Principle range

Cut along the dashed lines and use to measure palm circumference



**SIZING TABLE**

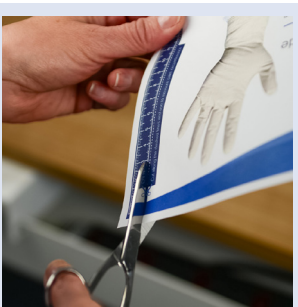
STERILE SIZES	-	6.0	6.5	7.0	7.5	8.0	8.5	9.0	10.0
NON-STERILE SIZES	XS	S	-	M	-	L	-	XL	-
Palm Circumference (cm)	13.97	15.2	16.51	17.78	19.05	20.32	21.59	22.86	25.4

**PALM CIRCUMFERENCE MEASUREMENT**

Cut out our ready-to-use ruler along the right of the page to measure your hand. If you are not sure on which size you should choose it is always safer to round up to the next size. To ensure accurate readings, print this guide on A4 paper and set your printer to print "Actual Size".

**STEP BY STEP GUIDE**

**STEP 1**



Cut out our ready-to-use ruler along the right of the page to measure your hand. Also cut along the top to the 0cm line for best accuracy

**STEP 2**



Wrap the paper ruler round your hand with the tape wrapped around your hand just above where your thumb meets your palm

**STEP 3**



Take off the ruler and check which size you are. Both Sterile & Non-Sterile sizes are clearly listed on the tape and the table above

**NOTE**

- If you are not sure what size you need, round up to the next size to avoid tight fitting gloves
- This method of measurement should only be used for our PRINCIPLE gloves. (Other brands sizing may vary.)
- Any other questions about sizing or our glove range, talk to our expert team.

To request a quotation or for more information, please call **+44 (0)1473 836205** email [info@integritycleanroom.co.uk](mailto:info@integritycleanroom.co.uk) or visit [www.integritycleanroom.co.uk](http://www.integritycleanroom.co.uk)