

# Nursing Mens Trousers Size Chart

Order Size	28	30	32	34	36	38	40	42	44	46	48	50	52
Waist cm	71	76	81	86	91	96	101	106	112	117	122	127	132
Waist inches	28	30	32	34	36	38	40	42	44	46	48	50	52

## Inside Leg

Regular cm 79 Long cm 84

Regular In 31 Long in 33

## Measuring Yourself Tips - Male

### Chest

Stand up straight with your arms hanging straight at your sides.

Have someone measure the fullest part of your chest, over your shoulder blades and under your underarms.

Keep the measuring tape parallel to the ground.

### Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

### Inside Leg

Measure from the top of the inside leg at the crutch to the ankle bone.

