How to select the right glove for the job

What is the correct size of glove you will need?
Select the size that gives you the right comfort, fit and dexterity.
Measure the circumference of your hand around the palm area using a tape measure. This measurement is close to your actual glove size. For example, 8 inches is approximately equal to a size 8 glove.

### Glove size chart

<table>
<thead>
<tr>
<th>Glove size</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand size</td>
<td>6.5–7</td>
<td>7.5–8</td>
<td>8.5–9</td>
<td>9.5–10</td>
</tr>
</tbody>
</table>

What are the physical conditions for which your hands require protection?
- Hot temperatures
- Abrasion
- Punctures and cuts
- Chemicals
- Grease and oils
- Water and detergents
- Solvents
- Contamination

Please Note
Some physical conditions can influence the chemical resistance of the gloves.

What are the most important design and performance features you will need?
- Textured surface for better wet grip
- Breathability and softness for wearer comfort
- Tactile sensitivity
- Dry grip
- Length and type of cuff
- Easy on
- Grip on oily surfaces
- Quick (emergency) removal
- Skin friendly materials
- Thermal insulation
- Dexterity
- Durability

This sizing information is a guide only, for more information...
**Glove materials and terms explained**

**Nitrile**
Made from non-latex synthetic chemical resistant material which is four times stronger than latex or vinyl. Skin friendly – contains no natural rubber protein. Ideal for workers with latex rubber allergies. Good protection against oils, fats and greases, chemicals and many solvents. Excellent resistance to snags, cuts and abrasion.

**Latex/Rubber**
Offers excellent grip and durability. Resists alkalis, alcohols, detergents and diluted water solutions of chemicals. Fair protection from undiluted ketones and aldehydes. Good resistance to cuts and abrasion. For people who have latex allergies, nitrile or vinyl gloves may be an acceptable substitute.

**Rubber Glove linings**
Cotton lining – extra moisture absorbency and softness.
Flock lining – improved comfort, absorbs moisture, easy on/off.
Silver lining – easy on/off and better heat resistance.

**Neoprene**
Resistant to a broad range of chemicals, however inferior to latex and nitrile with snags, cuts, puncturing and abrasion.

**Vinyl**
Made from 100% synthetic thermoplastic polymers. Skin friendly – contains no natural rubber protein. Ideal for workers with latex rubber allergies. Resistant to oil and fat.

**Powdered**
Easy on for disposable gloves. Improved comfort. Absorbs moisture.

**Powder-free**
Reduces potential skin irritation for powder sensitive users in disposable nitrile, latex and vinyl gloves. Also reduces contamination risk in clean room environments.

**Cotton knit/twist**
Lightweight, soft and comfortable with good dexterity. Offers improved insulation from hot and cold.

**Kevlar® blend fabric**
Offers excellent cut and heat resistance.

**Dyneema®**
High density polyethylene fibre knit. Offers excellent cut resistance and durability.

**Palm Coated**
A fabric glove that has the palm side coated with a material such as nitrile or latex for added protection or grip. Also known as open back, half dipped or palm dipped. This style of coating makes the glove more comfortable to wear for longer periods due to enhanced flexibility, dexterity and breathability over fully coated gloves. However, only the coated side of the glove can offer protection against hazards such as chemicals, solvents, oils, cuts or punctures.

**Fully Coated**
A fabric glove that has the hand part of the glove fully coated with a material such as nitrile or latex for added protection or grip. Also known as fully dipped glove. The wrist fabric is not coated to ensure the glove is easy to put on and remove. This style of coating can provide the hands with excellent protection against hazards such as chemicals, solvents, oils, cuts or punctures. It also provides enhanced durability, though not as flexible or comfortable as palm coated gloves.

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**Please Note**
This information is intended only as a guide, because conditions vary from one work site to another. Selection of the most appropriate gloves should be made by the person familiar with the benefits and limitations of the gloves. No liability can be accepted for the incorrect choice of gloves and the purpose for use.