



Protective Underwear Sizing Guide

Selecting the appropriate protective underwear size ensures comfort, leakage protection and dignity.

Sizing Grid

	Weight																																
Height	100	105	110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	Over 250		
4' 10"	Green								Light Blue											Blue							Dark Grey						
4' 11"	Green								Light Blue											Blue							Dark Grey						
5' 0"	Green								Light Blue											Blue							Dark Grey						
5' 1"	Green								Light Blue											Blue							Dark Grey						
5' 2"	Green								Green						Light Blue											Blue							Dark Grey
5' 3"	Green								Green						Light Blue											Blue							Dark Grey
5' 4"	Green								Green						Light Blue											Blue							Dark Grey
5' 5"	Green								Green						Light Blue											Blue							Dark Grey
5' 6"	Green								Green						Light Blue											Blue							Dark Grey
5' 7"	Green								Green						Light Blue											Blue							Dark Grey
5' 8"	Green								Green						Light Blue											Blue							Dark Grey
5' 9"	Green								Green						Light Blue											Blue							Dark Grey
5' 10"	Green								Green						Light Blue											Blue							Dark Grey
5' 11"	Green								Green						Light Blue											Blue							Dark Grey
6' 0"	Green								Green						Light Blue											Blue							Dark Grey
6' 1"	Green								Green						Light Blue											Blue							Dark Grey
6' 2"	Green								Green						Light Blue											Blue							Dark Grey
6' 3"	Green								Green						Light Blue											Blue							Dark Grey
6' 4"	Green								Green						Light Blue											Blue							Dark Grey

Instructions:

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate protective underwear size

Protective Underwear Sizing Key

Grid	Size	Waist	Elastic color
Green	Small/Medium	34"–46"	4 Green Strands
Light Blue	Large	44"–54"	4 Blue Strands
Blue	X-Large	48"–66"	7 Blue Strands
Dark Grey	XX-Large	60"–80"	4 Black Strands

The Protective Underwear Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

Note: sizing is extremely important. Inappropriate size or improper application can result in leakage.

