

A photograph of three workers in orange high-visibility safety gear standing in a field. On the left, a man in a polo shirt and trousers smiles. In the center, a man in a jacket and trousers looks to the side. On the right, a woman in a jacket and trousers looks forward. The background is a blurred field with some structures.

ProGARM®
PROTECTING LIVES

RAIL COLLECTION

TRUST THE ARC FLASH SPECIALISTS
WWW.PROGARM.COM

COMMITTED TO CONTINUOUS IMPROVEMENT & INNOVATION

Arc Flash risks are becoming more widely recognised as a specific cause for concern to those working in the rail industry, over and above general electrical incidents, although there is still work to do on raising awareness of the Arc Flash risks in the rail industry.

Arc Flash incidents can occur whenever individuals work with electrical components, and the rail industry poses specific risks, particularly during work involving electrical services and ground-breaking activities. The electrified rail network amplifies Arc Flash risks during maintenance tasks. Any work on electrified lines or power cables should undergo a thorough risk assessment, taking Arc Flash incidents into account.

Strapping tracks presents another Arc Flash risk that could potentially lead to an incident. Particularly worrisome, given the confined spaces engineers often work in, is the heightened Arc Flash risk during maintenance of distribution panels, especially track-side.

It's conservatively estimated that approximately half of all services maps are inaccurate. Consequently, anyone involved in digging or breaking ground in the rail sector could be at risk of a life-altering or life-threatening Arc Flash incident. Continuous attention to Arc Flash risks and appropriate protective measures are essential in ensuring the safety of rail industry workers.

Our comprehensive range of hi-vis orange garments comply with RIS-3279-TOM (replacing UK GO/RT 3279) and are safe, durable and comfortable for groundworks and electrification projects. This catalogue contains a range of our PPE that is specifically designed for the rail industry, making it easy for you and your team to find the right equipment.

To view the full ProGARM range visit our website **www.progarm.com** where you can also download the full catalogue.

For further information or assistance contact us:
+44 (0)1482 679600
info@progarm.com

7 REASONS TO CHOOSE PROGARM® TODAY

01

WE'RE THE ARC FLASH SPECIALISTS

We are 100% focused on Arc Flash and flame resistant clothing. When the lives of your team are at risk, isn't it better to trust a specialist?

02

INHERENT PROTECTION

Our unique VXS+ fabric is 100% inherent. This means the very fibres provide flame resistant protection for the life of the garment.

03

DURABILITY MATTERS

We're so confident that our arc flash garments last up to 70% longer than other leading brands that we provide a Lifetime Seam Guarantee.

04

QUALITY ASSURANCE

We hold ISO 9001 for Quality Management and Module D accreditation for our supply chain, demonstrating our absolute commitment to production quality at every stage.

05

SAFETY ON THE BUTTON

Our anti-static ThermSAFE™ components (such as buttons and zips) are made from military-grade polymers, tested to keep working even after an Arc Flash incident.

06

PRACTICALLY PERFECT

Soft fabrics and handy pockets are for more than just style; your team are far more likely to wear the right PPE if they're comfortable and the garments are practical while working.

07

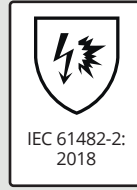
WE KEEP INNOVATING

As the industry leaders in innovation, we're always working to make good things better and are constantly working on the next generation of Arc Flash protection. Constant innovation keeps us well ahead of the pack.



ARC FLASH PROTECTION

EN 61482 EXPLAINED



EN 61482-2:2020

LIVE WORKING – PROTECTIVE CLOTHING AGAINST THE THERMAL HAZARDS OF AN ELECTRIC ARC

This standard is significantly different to FR standard EN ISO 11612. It includes more rigorous and different requirements, and is the standard for garments to protect those at risk of Arc Flash. The latest update to the standard was in 2020 and contained a couple of important changes to the test methods with regards to the performance ratings of garments.

SCOPE

(EXTRACT FROM THE INTERNATIONAL STANDARD)

This part of EN 61482 is applicable to protective clothing used in work where there is the risk of exposure to an electric arc hazard.

This standard specifies requirements and test methods applicable to materials and garments for protective clothing for electrical workers against the thermal hazards of an electric arc based on:

- Relevant general properties of the textiles, tested with selected textile test methods
- Arc thermal resistance properties

TEST METHODS

There are two test methods commonly referred to under the EN 61482-2: 2020 European Standards:

ProGARM® garments are tested using both methods.

OPEN ARC TEST METHOD: IEC 61482-1-1

This test method gives a Calorific Value (cal/cm²) for each garment - expressed as an arc thermal protection value (ATPV), breakopen threshold energy value (EBT) or the incident energy limit (ELIM) and in this way, layered garment systems can be built up with testing results that correspond directly to your Arc Flash Risk Assessments.

BOX TEST METHOD: IEC 61482-1-2

This test method gives results of either 4kA (APC 1) or 7kA (APC 2) with APC 2 being a higher level of protection and is established in the European market. Garments in the ProGARM® collection do get APC/Class ratings, but the results cannot be directly related to arc flash Risk Assessments in the same way that calorific values can be in the Open Arc Test Method.

CALORIFIC VALUES EXPLAINED

There are now 3 different calorific values given to a garment when it undergoes Open Arc Test Method: IEC 61482-1-1: 2019

ATPV

The maximum thermal energy the garment can withstand before the wearer would have a **50% probability of 2nd degree burns.**

EBT50

The value of incident energy at which **breakopen occurs with 50% probability.**

ELIM

Elim value is the numerical value of the incident energy attributed to a product below which value all product responses are below the Stoll curve and without breakopen.

ABOUT VXS+ FABRICS



INHERENT VS TREATED FABRICS

VXS+ inherent fabrics provide the ultimate protection. Unlike chemically treated fabrics, the very fibres of inherent fabrics are flame resistant, and because that protection doesn't wash out, the wearer stays safe throughout the life of the garment.

HIGH-PERFORMING, INNOVATIVE FABRICS FOR ULTIMATE COMFORT AND PROTECTION

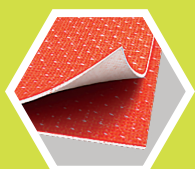
For decades, flame resistant garments have meant uncomfortable, heavyweight cotton drill fabrics that would shrink extensively with washing. This all changed with the introduction of our VXS+ inherent fabric.

With our ProGARM® VXS+ fabric, wearers can now benefit from:



✓ INSTANT EXTINGUISHING PROPERTIES

The fibre blend of our VXS+ inherent fabrics offers outstanding performance compared to more expensive aramid fabrics.



✓ GREAT COMFORT

Using advanced textile technology, all of our products are designed for optimum softness, breathability and comfort.



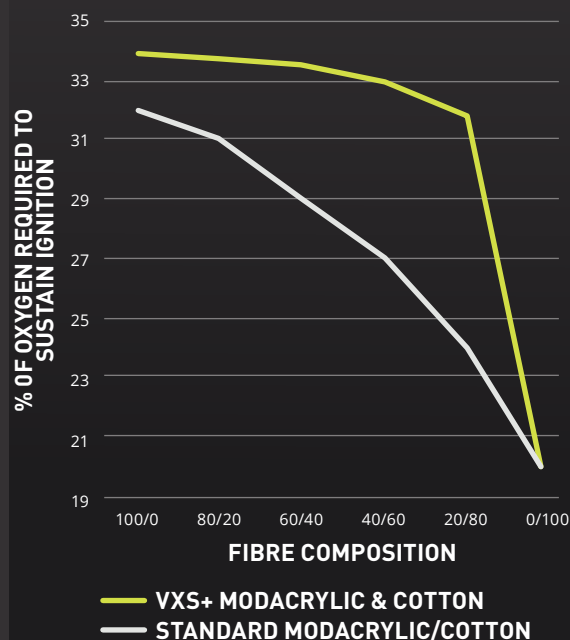
✓ HIGHLY DURABLE

After 50 industrial washes, our garments outlive, outshine and outclass the competition in durability, appearance and strength, with excellent colour fastness and less than 3% shrinkage.

LIMITING OXYGEN INDEX (LOI) TESTING

Limiting Oxygen Index (LOI): is the amount of oxygen required in the atmosphere for a material to ignite. With an oxygen percentage of 21% in the earth's atmosphere, anything that has an LOI of less than 21 will burn quickly and easily. An example of this is cotton, which has an LOI of 17.

VXS+ Modacrylic, with an LOI of 34, is much more flame resistant than other materials including aramid fibres, which have an LOI of 28-29. That's why VXS+ Modacrylic is a top-performing flame resistant solution in the market, especially for severe risks like electric arc.



	VXS+ MODACRYLIC & COTTON	STANDARD MODACRYLIC/COTTON
100/0	33.8	32
80/20	33.6	31
60/40	33.4	29
40/60	33	27
20/80	31.8	24
0/100	20	20

PROGARM RECYCLE

HELPING YOU REDUCE LANDFILL WASTE

TAKING OUR RESPONSIBILITY SERIOUSLY

Reducing the impact that we, and our industry have on the planet is a priority for us. We believe that not only should we take the hard decisions to make the best choices for the environment, but that it is our responsibility to enable our customers to make better choices too.

ProGARM RECYCLE is our initiative to prevent the addition of ProGARM garments to the 350.000 tonnes of textiles that go to landfill in the UK every year, by offering every single one of our UK customers the ability to return their PPE to us at the end of its life or reprocessing.

Our customers range from small one location teams to huge multisite corporations, and we have ensured that **ProGARM RECYCLE** has a returns and collection ability that scales per individual requirement. From manual ad hoc box returns to monthly scheduled recycle bin collection across multiple sites, and service charges scale accordingly.

To allow us to offer this sustainability enhancing service, we have partnered with an industry-leading textiles recycling company who are committed to sending zero textiles waste to landfill. Our partner is certificated to ISO9001 (Quality), ISO14001 (Environmental) and ISO45001 (H&S), this compliments our own ISO9001, 14001 & 27001 certificate.

Safety and security are paramount to us, we are aware of the potential dangers of branded workwear items being accessible to the wrong people, putting vulnerable members of the public and brand reputations at risk. Our recycle partner works in accordance with BS EN: 15713-2009 Secure Destruction of Confidential Material Code of Practice ensuring all branded items are shredded and de-bagged the moment they hit site safeguarding any vulnerabilities.

Not only can we recycle end of life products helping our customers prevent landfill, we can also issue a certificate to evidence confidential destruction, waste transfer notice and an environmental management information document (supplied monthly or yearly) that details the weight recycled or saved from landfill to help you to evidence your environmental goals, this can be given as a per site breakdown if you have more than one collection site.

- ✓ **Zero PPE garments to landfill**
- ✓ **Reducing the risk of ground contamination**
- ✓ **3 service options to suit your needs**
- ✓ **Collections to suit you**
- ✓ **Evidence your sustainability efforts**
- ✓ **Secure disposal of branded workwear**
- ✓ **Helping you reach your ESG goals**

To find out more about **ProGARM RECYCLE** and service charges please contact us

+44 (0) 1482 679 600 | info@progarm.com

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HI-VIS ORANGE COLLECTION

✓ **INHERENT PROTECTION**

Flame resistant properties last the lifetime of the fabric and do not wash out

✓ **GREAT COMFORT**

Breathable, soft to wear and fantastic to the touch

✓ **INSTANT EXTINGUISHING PROPERTY**

Ultimate protection against flame and Arc Flash hazards

✓ **HIGHLY DURABLE**

Colourfast with less than 3% washing shrinkage*

*Only applicable for woven fabrics



5290

POLO SHIRT

SIZES: S-4XL



- ✓ Enclosed stud placket // Allows quick fastening
- ✓ VXS+ blend // Natural feel, comfortable and soft
- ✓ Breathable with good moisture management
- ✓ ThermSAFE™ plastic FR poppers // CE Certified
- ✓ Knitted collar with tipping // Ensures best appearance after washing
- ✓ Contrast colour collar // Stylish and practical
- ✓ Rib knit cuffs // Close fit
- ✓ SafetyICON™ on arm // Visual EN Standard icon system
- ✓ 5cm FR AS reflective tape // Heat applied to improve flexibility

5292

LADIES POLO SHIRT

SIZES: 8-16



PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM® VXS+ Inherent Pique
Fabric, HV Orange - 220gms

PRODUCT CARE:



EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN 61482-2: 2020	EN ISO 20471: 2013+AI:2016	Compliant
A1, B1, C1,	Pt. 5:2018 Pt. 3:2004 Charge Decay	APC 1 ATPV = 6cal/cm²	Class 3	Issue 2

*5292 meets Class 2 and 5290 meets Class 3

BOX TEST



ARC RATING



FABRIC



5390

POLO SHIRT

SIZES: S-4XL


VXS+
INHERENT™


Safety ICON
EN Standard
identification

Ultra-soft and
durable VXS+
Fabric

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ Inherent Knitted
Fabric, HV Orange - 250gms

PRODUCT CARE:



Contrast
cuffing

- ✓ Enclosed stud placket // Allows quick fastening
- ✓ VXS+ blend // Natural feel, comfortable and soft
- ✓ Breathable with good moisture management
- ✓ ThermSAFE™ plastic FR poppers // CE Certified
- ✓ Knitted collar with tipping // Ensures best appearance after washing
- ✓ Contrast colour collar // Stylish & practical
- ✓ Rib knit cuffs // Close fit
- ✓ SafetyICON™ on arm // Visual EN Norm icon system
- ✓ 5cm FR AS Reflective tape // Heat applied to improve flexibility

EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN ISO 20471: 2013 +A1:2016	Compliant	EN 61482-2: 2020
A1, B1, C1	Pt. 5:2018 Pt. 3:2004 Charge Decay	Class 3	Issue 2	ATPV = 6.9cal ELIM = 6.2cal

BOX TEST



OPEN ARC



FABRIC



4616

TROUSER

SIZES: 30"- 52" Reg leg (32"/81cm)
32"- 44" Tall leg (34"/86cm)
30"- 42" Short leg (30"/76cm)



Combat pocket on right leg with SafetyICON™ EN Standard identification



Reinforced crotch panel

Triple stitched side seams

4614

LADIES TROUSER

SIZES: 8-16 Reg leg (30"/76cm)



- ✓ Combat pocket with flap // Safe storage space
- ✓ Kneepad pockets // Wear with kneepads for extra protection
- ✓ Mobile phone pocket // Keeps your phone safe
- ✓ Side access pockets with flaps // Protects from debris entry
- ✓ Extra wide belt loop at rear // Prevents belt riding up
- ✓ ThermSAFE™ plastic FR zipper // CE Certified
- ✓ SafetyICON™ on leg pocket // Visual EN Standard icon system
- ✓ Rear pockets with flap // Secure storage space
- ✓ Triple stitched side seams // Lifetime quality assurance
- ✓ Reinforced crotch // Improved longevity
- ✓ ThermSAFE™ jeans button // Jeans style fastening
- ✓ 5cm FR AS reflective tape // Double stitched for longer life

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ Inherent Woven Fabric, HV Orange - 290gms

PRODUCT CARE:



EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN 61482-2: 2020	EN ISO 11611: 2015	EN ISO 20471: 2013+A1:2016	Compliant
A1, B1, C1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	APC 1 ATPV = 8cal/cm²	Class 1, A1	Class 1	Issue 2

BOX TEST



ARC RATING



FABRIC





Vertical pocket
with zipper

IMPROVED



Adjustable waist
fastening for
improved fit



Side pockets
with flaps to
prevent debris



4608

JACKET

SIZES: S-4XL



PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ Inherent Woven
Fabric, HV Orange - 290gms

PRODUCT CARE:



- ✓ Mandarin collar for maximum neck protection
- ✓ Vertical chest pocket with zipper // Discreet design
- ✓ Gas monitor loop // Secure fixing point
- ✓ SafetyICON™ on arm // Visual EN Standard icon system
- ✓ 5cm FR AS reflective Tape // Double stitched for longer life
- ✓ Phone pocket on sleeve with flap // Safe and secure

- ✓ Velcro® secured cuff tabs // Close fit around wrist or gloves
- ✓ Side access pockets with flaps // Prevents entry of debris
- ✓ ThermSAFE™ plastic FR zipper // CE Certified
- ✓ Extended back // Protection when bending over
- ✓ Double stitched side seams // Lifetime quality assurance
- ✓ Easy-Stretch™ side panels // Maximum wear comfort

EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN 61482-2: 2020	EN ISO 11611: 2015	EN ISO 20471: 2013+AI:2016	Compliant
A1, B1, C1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	APC 1 ATPV 9 cal/cm²	Class 1, A1	Class 3	Issue 2

BOX TEST



ARC RATING



FABRIC



4690

COVERALL

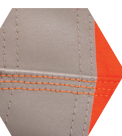
SIZES:

S-4XL Reg leg (31"/80cm)
M-2XL Tall leg (33"/85cm)

Internal elasticated
waistband for
improved fit



Wear with
kneepads for extra
protection



Double
stitched
5cm FR AS
reflective
tape

IMPROVED

4692

LADIES COVERALL

SIZES:

8-16 Reg leg (29"/75cm)



Cut in a
specific
women's fit

- ✓ Mandarin collar // Maximum neck protection
- ✓ Kneepad pockets // Wear with kneepads for extra protection
- ✓ Chest pockets with flaps // Secure storage
- ✓ Gas monitor loop // Secure fixing point
- ✓ SafetyICON™ on arm // Visual EN Standard
- ✓ 5cm FR AS reflective tape // Double stitched for longer life
- ✓ Phone pocket on sleeve with flap // Safe and secure
- ✓ Velcro® secured cuff tabs // Close fit around wrist or gloves
- ✓ Side access pockets // With entry inside coverall
- ✓ ThermSAFE™ plastic FR zippers // CE Certified
- ✓ Internal elastic 2 point adjustable waistband // Ensures close fit
- ✓ Triple stitched side seams // Lifetime quality assurance
- ✓ Easy-Stretch™ side panels // Maximum wear comfort

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:

ProGARM® VXS+ Inherent Woven Fabric, HV Orange - 290gms

PRODUCT CARE:



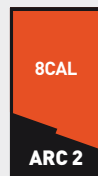
EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN 61482-2: 2020	EN ISO 11611: 2015	EN ISO 20471: 2013 +A1:2016	Compliant
A1, B1, C1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	APC1 ATPV=8cal/cm²	Class 1, A1	Class 3	Issue 2

BOX TEST



ARC RATING



FABRIC



4693

COVERALL

SIZES:

S-4XL Reg leg (31"/80cm)

M-2XL Tall leg (33"/85cm)

Double stitched
ThermSAFE™ reflective
tape for longevity

Vertical
chest
pockets with
grab tabs for
easier
opening

IMPROVED

Back pockets
for secure
storage

4694

LADIES COVERALL

SIZES:

8-16 Reg leg (29"/75cm)

Cut in a
specific
women's fit

- ✓ Mandarin collar // Maximum neck protection
- ✓ Kneepad pockets // Wear with kneepads for extra comfort
- ✓ Chest pockets // Secure storage
- ✓ Gas monitor loop // Secure fixing point
- ✓ SafetyICON™ on arm // Visual EN Norm icon system
- ✓ 5cm FR AS reflective tape // Double stitched for longer life
- ✓ Phone pocket on sleeve with flap // Safe and secure
- ✓ Cuff tabs with VELCRO® brand fasteners // Close fit around wrists
- ✓ Side access pockets with flaps // With entry inside coverall
- ✓ ThermSAFE™ plastic FR zippers // CE Certified
- ✓ Internal elastic 2 point adjustable waistband // Ensures close fit
- ✓ Double stitched side seams // Lifetime quality assurance
- ✓ Easy-Stretch™ side panels // Maximum wear comfort

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ Inherent Woven
Fabric, HV Orange - 240gms

PRODUCT CARE:



EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN 61482-2: 2020	EN ISO 11611: 2015	EN ISO 20471: 2013 + A1:2016	Compliant
A1, B1, C1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	APC 1 ELJM 6.2 cal/cm² ATPV 6.7 cal/cm²	Class 1, A1	Class 3	Issue 2

BOX TEST



ARC RATING



FABRIC



9140

UNLINED WATERPROOF JACKET

SIZES: S-4XL



NEW

VXS+
INHERENT™

9141

HI-VIS ORANGE HOOD



- ✓ Mandarin collar // Maximum neck protection
- ✓ Adjustable cuffs // Close fit around wrists or gloves
- ✓ Two front pockets // Extra, secure storage
- ✓ Adjustable waist tabs // Ensures close fit
- ✓ Studs to attach waterproof hood // Protection from all weather
- ✓ Ability to attach padded liner jacket // For extra warmth
- ✓ Internal pockets // Secure storage

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ FR Inherent
Woven Fabric, 250gms

PRODUCT CARE:



EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN ISO 11611: 2015	EN ISO 20471: 2013+AI:2016	EN 343: 2019	EN 13034:2005 +AI:2009	EN 61482-2: 2020	Compliant
A1, B1, C1, D1, E1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	Class 1, A1	Class 3	Class 3/3/x	Type 6	APC 1 ELIM = 9.3cal/cm² ATPV = 11cal/cm²	Issue 2

BOX TEST



ARC RATING



FABRIC





9144

UNLINED WATERPROOF DUNGAREE

SIZES: S-4XL

- ✓ Elasticated waist
- ✓ 2 bands of FR heat applied reflective tape
- ✓ Press studs at leg hem to reduce width

PRODUCT INFORMATION

COLOUR: HV Orange

FABRIC SPECIFICATION:
ProGARM VXS+ FR Inherent
Woven Fabric, 250gms

PRODUCT CARE:

EN STANDARDS

EN ISO 11612: 2015	EN 1149-5: 2018	EN ISO 11611: 2015	EN ISO 20471: 2013+AI:2016	EN 343: 2019	EN 13034:2005 +AI:2009	EN 61482-2: 2020	Compliant
A1, B1, C1, D1, E1, F1	Pt. 5:2018 Pt. 3:2004 Charge Decay	Class 1, A1	Class 1	Class 3/3/x	Type 6	APC 1 ELIM = 9.3cal/cm² ATPV = 11cal/cm²	Issue 2

BOX TEST



ARC RATING



FABRIC



2696

SAFETY HELMET CLASS 2

SIZES: One Size

2697

REPLACEMENT VISOR

SIZES: One Size



PRODUCT INFORMATION

LIFETIME: 5 Years

SIZES: One Size

COLOUR: White (Other Colours Available:
Blue, Red, Green, Yellow,
Orange, HV Yellow)

HELMET

- ✓ Made of ABS
- ✓ Suitable for live working
- ✓ Smooth head circumference adjustment, range 53cm-63cm
- ✓ Helmet type (ANSI standard) - Type 1
- ✓ Lateral deformation resistance (EN Standard) - LD
- ✓ Molten metal splash resistance (EN Standard) - MM
- ✓ Resistance to penetration after conditioning in temperatures of -40°C to +60°C
- ✓ Electrical properties (EN standard) - 440 Vac
- ✓ Electrical Class O (1000 V AC/1500 V DC) according to EN 50365
- ✓ Electrical Class E (20kV AC) according to ANSI Z89.1.1
- ✓ Compliance with ANSI Z89.1; EN397; EN 50365 standards
- ✓ Approved to EN 50365 - Electrically insulating helmets for use on low voltage installation
- ✓ Approved to ANSI Z89.1 - Industrial head protection
- ✓ Improved visibility with reflective stickers
- ✓ Manufacturing date and utilisation date permanently marked

- ✓ Protection against electric arc
Class 2 - Box test 7kA/0.5s
ATPV > 36cal/cm²
- ✓ Compliance with standards: EN 166; GS-ET-29; ASTM F2178
- ✓ Code number for ultra-violet filter (UV) - 2C-2
- ✓ Visible light transmittance (VLT) < 50% - Class 2
- ✓ Optical Class - 1
- ✓ Protection against molten metals and hot solids (9)
- ✓ Approved to ASTM F2178 - Standard specification for arc rated eye or face protective products
- ✓ Premium class anti-fog and anti-scratch protection
- ✓ Easy to wear with eyeglasses
- ✓ Incident energy - ATPV = 36cal /cm²

CHIN STRAP

- ✓ 4-point strap recommended for working at height
- ✓ Quick, clasp - easy operation with protective gloves

FACE SHIELD

- ✓ Made from Polycarbonate
- ✓ Protection against high-speed particles - B
- ✓ Protection against droplets and splashes of liquids (3)
- ✓ Full face, chin and neck protection against thermal hazards caused by electric arc flash
- ✓ Resistance to fogging - N

EN STANDARDS

- ✓ EN 397:2012 + A1:2012
- ✓ EN 50365:2002
- ✓ ANSI/ISEA Z89.1-2014
- ✓ GS-ET-29:2011-05
- ✓ ASTM F2178
- ✓ EN 166:2001

ARC RATING	BOX TEST
36CAL	7KA
ARC 3	CLASS 2

BRANDING & GARMENT ALTERATIONS

BRANDING RECOMMENDATIONS

We recommend using flame resistant heat transfers or flame resistant embroidery threads for branding on any of our Arc Flash and flame resistant garments to ensure compliance with the original CE certification. We also take care when adding branding to hi-vis garments, that large logos don't reduce the surface area of the background material as specified in EN20471 and EN471.



FLAME RESISTANT HEAT TRANSFERS

Heat applied transfers contain a flame resistant component and have been tested and certified to the EN11612 Heat & Flame European Standard. Transfers are easy to apply using an industrial heat press and can be printed in any Pantone® colour for exact replication of your company logo or brand. We can pre-order bulk quantity transfers and apply them to your garments quickly before dispatch.



FR EMBROIDERY THREADS

Standard embroidery threads are usually polyester blends which burn, melt and drip when exposed to flame, so using this type of thread on embroidered designs poses a serious risk. We always use military grade meta-aramid flame resistant threads when applying emblems to any of our garments.

GARMENT ALTERATIONS

All our products are stocked for fast delivery, but we can make alterations providing they don't compromise the conformity of the garment. We can shorten and re-hem trousers or some coveralls for example. For special sizes, or more detailed alterations, please contact our Customer Service Team to discuss how we can help and the typical delivery times and minimum order quantities.

WE MAKE IT SIMPLE & QUICK TO PROTECT YOUR TEAM

PATH TO PURCHASE

Our group of Arc Flash specialists are here to guide you through every step of the process.

We'll take you from your initial garment requirements, through the manufacturing process, and on to the extended protection service with our aftercare package.

Contact

Speak to our team of experts to begin exploring your Arc Flash PPE options



Discovery

Prepare for some unexpected questions, as we delve into your requirements to find you the best solution



Wearer Trials

Trial our Arc Flash garments and let your team feel the benefits for themselves



Place Order

Our dedicated sales teams will guide you through the order process



Sizing

The ProGARM Sizer app makes it simple to quickly find the perfect sizes for your entire team



Manufacturing

If your order requires manufacturing, this is completed inhouse at ProGARM using the highest quality fabrics



Delivery

In stock items can be delivered next day, manufactured items can be delivered in a matter of weeks



Aftercare

Your garments achieve extended protection with our laundry, maintenance and repair services. We also offer safe disposal through our recycle service



SIZE GUIDELINES

POLO SHIRTS, T-SHIRTS, SWEATSHIRTS, JACKETS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
EUR	44-46	46-48	48-52	52-56	56-58	58-62	62-64	64-66	66-68
DE	42-44	44-46	46-50	50-54	54-56	56-60	60-62	62-66	66-68
NL	42-44	44-46	46-50	50-54	54-56	56-60	60-62	62-66	66-68

LADIES POLO SHIRTS									
UK	8	10	12	14	16	18	20	22	24
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
EUR	44-46	46-48	48-50	50-54	54-56	56-58	58-60	60-62	62-64
DE	42-44	44-46	46-48	48-52	52-54	54-56	56-58	58-60	60-62
NL	42-44	44-46	46-48	48-52	52-54	54-56	56-58	58-60	60-62

WATERPROOF JACKETS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
EUR	44-46	46-48	48-52	52-56	56-58	58-62	62-64	64-66	66-68
DE	42-44	44-46	46-50	50-54	54-56	56-58	58-60	60-62	62-64
NL	42-44	44-46	46-50	50-54	54-56	56-58	58-60	60-62	62-64

WATERPROOF SALOPETTES									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST TO FIT (INCHES)	35	37	39	41	43	45	47	49	51
WAIST TO FIT (CMS)	89	94	99	104	109	114	119	124	129
INSIDE LEG TO FIT (INCHES)	32	32	32	32	32	32	32	32	32
INSIDE LEG TO FIT (CMS)	81	81	81	81	81	81	81	81	81
EUR	50R	52R	54R	56R	58R	60R	62R	64R	66R
DE	48	50	52	54	56	58	60	62	64
NL	48R	50R	52R	54R	56R	58R	60R	62R	64R

BASELAYERS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
WAIST TO FIT (INCHES)	26.8	29.9	33.1	36.2	39.4	42.5	45.7	48.8	51.9
WAIST TO FIT (CMS)	68	76	84	92	100	108	116	124	132
BODY LENGTH (CMS)	164-172	164-172	172-180	172-180	180-188	180-188	188-196	188-196	188-196

MENS TROUSERS/DUNGAREES (SHORT)													
UK	30"S	32"S	34"S	35"S	36"S	38"S	40"S	42"S	44"S	46"S	48"S	50"S	52"S
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	30	30	30	30	30	30	30	30	30	30	30	30	30
INSIDE LEG TO FIT (CMS)	76	76	76	76	76	76	76	76	76	76	76	76	76
EUR	44S	46S	50S	51S	52S	54S	56S	58S	60S	62S	64S	66S	68S
DE	22	23	24	25	26	27	28	29	30	31	32	33	34
NL	42S	44S	48S	49S	50S	52S	54S	56S	58S	60S	62S	64S	66S
SE	D84	D88	D92	D94	D96	D100	D104	D108	D112	D116	D120	D124	D128

MENS TROUSERS/DUNGAREES (REGULAR)													
UK	30"R	32"R	34"R	35"R	36"R	38"R	40"R	42"R	44"R	46"R	48"R	50"R	52"R
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	32	32	32	32	32	32	32	32	32	32	32	32	32
INSIDE LEG TO FIT (CMS)	81	81	81	81	81	81	81	81	81	81	81	81	81
EUR	44R	46R	50R	51R	52R	54R	56R	58R	60R	62R	64R	66R	68R
DE	44	46	48	50	52	54	56	58	60	62	64	66	68
NL	42R	44R	48R	49R	50R	52R	54R	56R	58R	60R	62R	64R	66R
SE	C44	C46	C50	C51	C52	C54	C56	C58	C60	C62	C64	C66	C68

 Available from stock  Available to order

Note: This size chart was correct at the time of going to print.

SIZE GUIDELINES

MENS TROUSERS/DUNGAREES (TALL)													
UK	30''T	32''T	34''T	35''T	36''T	38''T	40''T	42''T	44''T	46''T	48''T	50''T	52''T
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	34	34	34	34	34	34	34	34	34	34	34	34	34
INSIDE LEG TO FIT (CMS)	86	86	86	86	86	86	86	86	86	86	86	86	86
EUR	44L	46L	50L	51L	52L	54L	56L	58L	60L	62L	64L	66L	68L
DE	90	94	98	102	106	110	114	118	122	126	130	134	138
NL	42L	44L	48L	49L	50L	52L	54L	56L	58L	60L	62L	64L	66L
SE	C144	C146	C150	C151	C152	C154	C156	C158	C160	C162	C164	C166	C168

MENS COVERALLS (SHORT)													
UK	38''S	40''S	42''S	43''S	44''S	46''S	48''S	50''S	52''S	54''S	56''S	58''S	60''S
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75	75	75	75	75
EUR	48S	50S	54S	55S	56S	58S	60S	62S	64S	66S	68S	70S	72S
DE	24	25	26	27	28	29	30	31	32	-	33	-	34
NL	46S	48S	52S	53S	54S	56S	58S	60S	62S	64S	66S	68S	70S

MENS COVERALLS (REGULAR)													
UK	38''R	40''R	42''R	43''R	44''R	46''R	48''R	50''R	52''R	54''R	56''R	58''R	60''R
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80	80	80	80	80
EUR	48R	50R	54R	55R	56R	58R	60R	62R	64R	66R	68R	70R	72R
DE	48	50	52	54	56	58	60	62	64	65	66	67	68
NL	46R	48R	52R	53R	54R	56R	58R	60R	62R	64R	66R	68R	70R

MENS COVERALLS (TALL)													
UK	38''T	40''T	42''T	43''T	44''T	46''T	48''T	50''T	52''T	54''T	56''T	58''T	60''T
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5
INSIDE LEG TO FIT (CMS)	85	85	85	85	85	85	85	85	85	85	85	85	85
EUR	48L	50L	54L	55L	56L	58L	60L	62L	64L	66L	68L	70L	72L
DE	98	102	106	110	114	118	122	126	130	132	134	136	138
NL	46L	48L	52L	53L	54L	56L	58L	60L	62L	64L	66L	68L	70L

LADIES TROUSERS/DUNGAREES (SHORT)									
UK	8S	10S	12S	14S	16S	18S	20S	22S	24S
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143
INSIDE LEG TO FIT (INCHES)	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6
INSIDE LEG TO FIT (CMS)	70	70	70	70	70	70	70	70	70
DE	17	18	19	20	21	22	23	24	25
SE	D17	D18	D19	D20	D21	D22	D23	D24	D25

LADIES TROUSERS/DUNGAREES (REGULAR)									
UK	8R	10R	12R	14R	16R	18R	20R	22R	24R
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75
DE	34	36	38	40	42	44	46	48	50
SE	C36	C38	C40	C42	C44	C46	C48	C50	C52

 Available from stock  Available to order

Note: This size chart was correct at the time of going to print.

SIZE GUIDELINES

LADIES TROUSERS/DUNGAREES (TALL)									
UK	8T	10T	12T	14T	16T	18T	20T	22T	24T
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80
DE	68	72	76	80	84	88	92	96	100
SE	C136	C138	C140	C142	C144	C146	C148	C150	C152

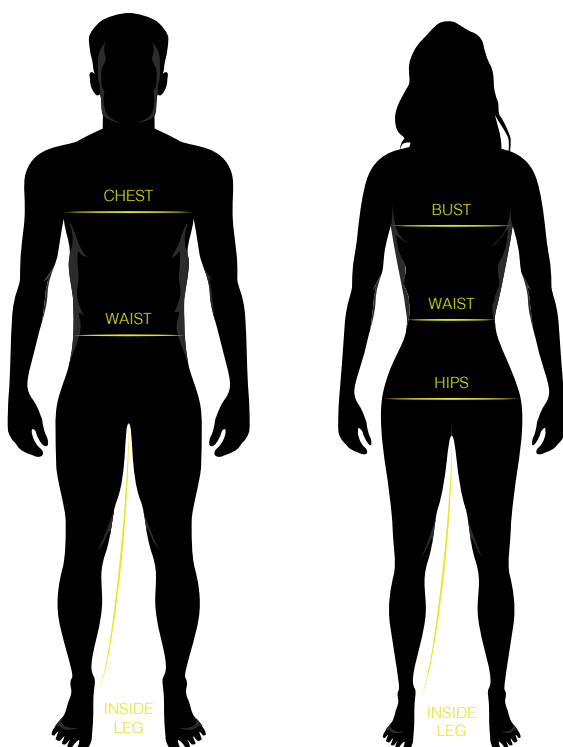
LADIES COVERALLS (SHORT)									
UK	8S	10S	12S	14S	16S	18S	20S	22S	24S
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6
INSIDE LEG TO FIT (CMS)	70	70	70	70	70	70	70	70	70

LADIES COVERALLS (REGULAR)									
UK	8R	10R	12R	14R	16R	18R	20R	22R	24R
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75

LADIES COVERALLS (TALL)									
UK	8T	10T	12T	14T	16T	18T	20T	22T	24T
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80

Available from stock
 Available to order

Note: This size chart was correct at the time of going to print.



HOW TO MEASURE AND PICK THE RIGHT SIZE

Chest / Bust measurement

Measure the circumference of your chest/bust below the armpit, measure the widest point.

Example 1: if your chest measures 102cm, for polo shirt the most suitable size would be M.

Example 2: if your bust measures 98cm, for ladies' polo shirt the most suitable size would be 12.

Note: some garments such as Softshell Jackets would have a slim fit and it may be best to pick one size up if you prefer a looser fit.

Waist measurement

Measure tightly around the waist and pick size accordingly, if your measurements fall in-between two sizes, we recommend picking the larger one, remember to check your inside leg measurement.

Hip measurement

Measure tightly around the widest part of the hip, also measure the waist and pick size accordingly. If your measurements fall in-between two sizes, we recommend picking the larger one, remember to check your inside leg measurement.

Inside leg measurement

Measure the distance between crotch and ankle and pick size that is the same or slightly longer than your measurement.





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