

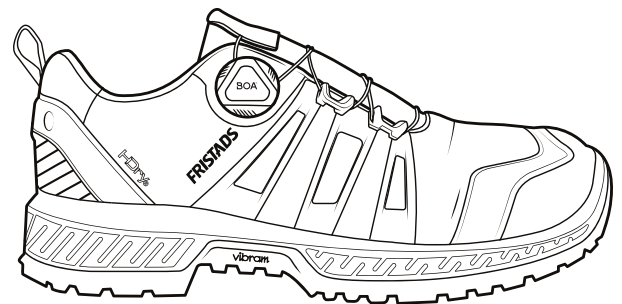
Size guide

Fristads Safety Shoes

Length of foot in mm	Shoe size EU	Shoe size UK
220-230	36	3
230-235	37	4
235-240	38	4,5
240-245	39	5,5
245-255	40	6
255-260	41	7
260-270	42	8
270-275	43	8,5
275-280	44	9,5
280-290	45	10
290-295	46	11
295-300	47	11,5
300-305	48	12,5

Fristads FootShape

Unique foot-shaped design with a wide toe box adapted for a natural anatomic fit. Provides a spacious feel and remarkable comfort which promotes balance and stability. It's developed to support the foot and reduce compression which can contribute to a better foot health and increased circulation.



How to measure your feet for Fristads safety shoes

1. Measure your feet at the end of the day. Feet usually swell as the day goes on and are often slightly larger in the evening than in the morning.
2. Put on the same socks you plan to wear with your safety shoes.
3. Place a sheet of paper on a hard floor and tape it so it doesn't move.
4. Stand on the paper with a slight bend in your knees (or sit with your feet firmly flat on the floor).
5. Holding the pen straight up, trace around your foot. If possible, ask someone to help so you can stand still.
6. Repeat with the other foot – it's normal if they differ slightly in size.
7. Mark the tip of your longest toe and the back of your heel, then measure the distance between them in centimetres. This is your foot length. Use a ruler with centimeters, rather than inches for the most accurate measurements.
8. If your feet are different sizes, use the measurement of the larger foot when you check the Fristads size chart.

