

## Shoe Size Guide

<b>UK</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>10.5</b>	<b>11</b>	<b>12</b>
<b>US</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>11.5</b>	<b>12</b>	<b>13</b>
<b>EU</b>	<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>

### Tips

- Not all brands of footwear fit the same.
- This standard size guide is a good indicator on what size you should wear, but there may be slight variations in sizing between different brands/make of footwear.
- Most foot problems can be prevented by wearing properly fitting footwear.
- Always try footwear with your regular work socks and make sure that they are laced properly.
- The ends of your toes should not touch the front part of the footwear. To double check the fit, untie the laces and slide your forefinger down the back of the footwear behind the heel. The ends of your toes should hit the front toe part of the footwear