

# HeroQuip A4 Shoe Size Guide

## Instructions

Print the Shoe Size Guide and Ruler on A4.

In the print settings the Page Scaling must be set to **Actual Size** or **None**. Check against an actual ruler to ensure scale is correct.

Cut out the ruler.

### Length

Place heel on line as shown.  
Measure length using foot gauge.

### Width

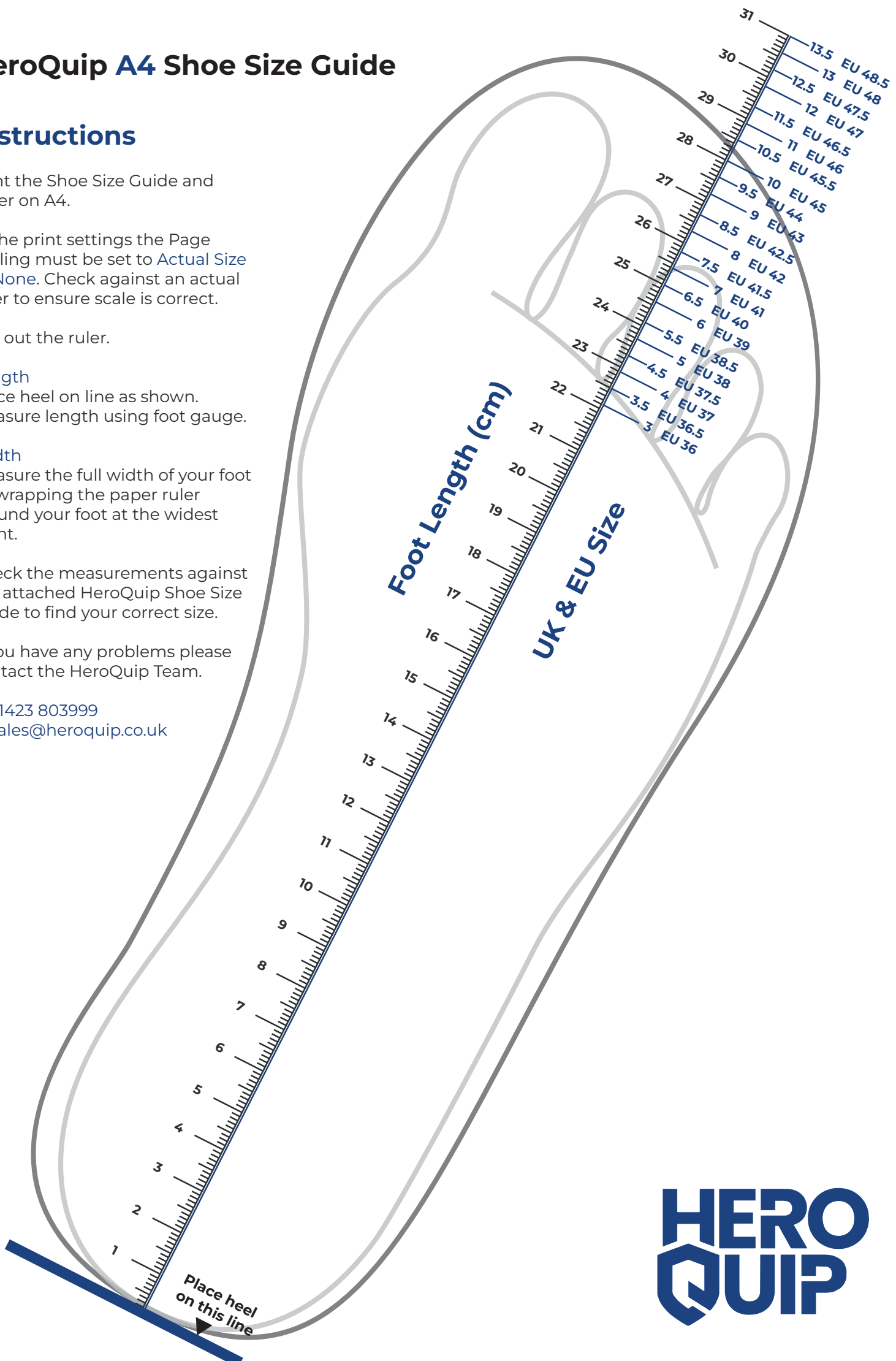
Measure the full width of your foot by wrapping the paper ruler around your foot at the widest point.

Check the measurements against the attached HeroQuip Shoe Size Guide to find your correct size.

If you have any problems please contact the HeroQuip Team.

T: 01423 803999

E: [sales@heroquip.co.uk](mailto:sales@heroquip.co.uk)



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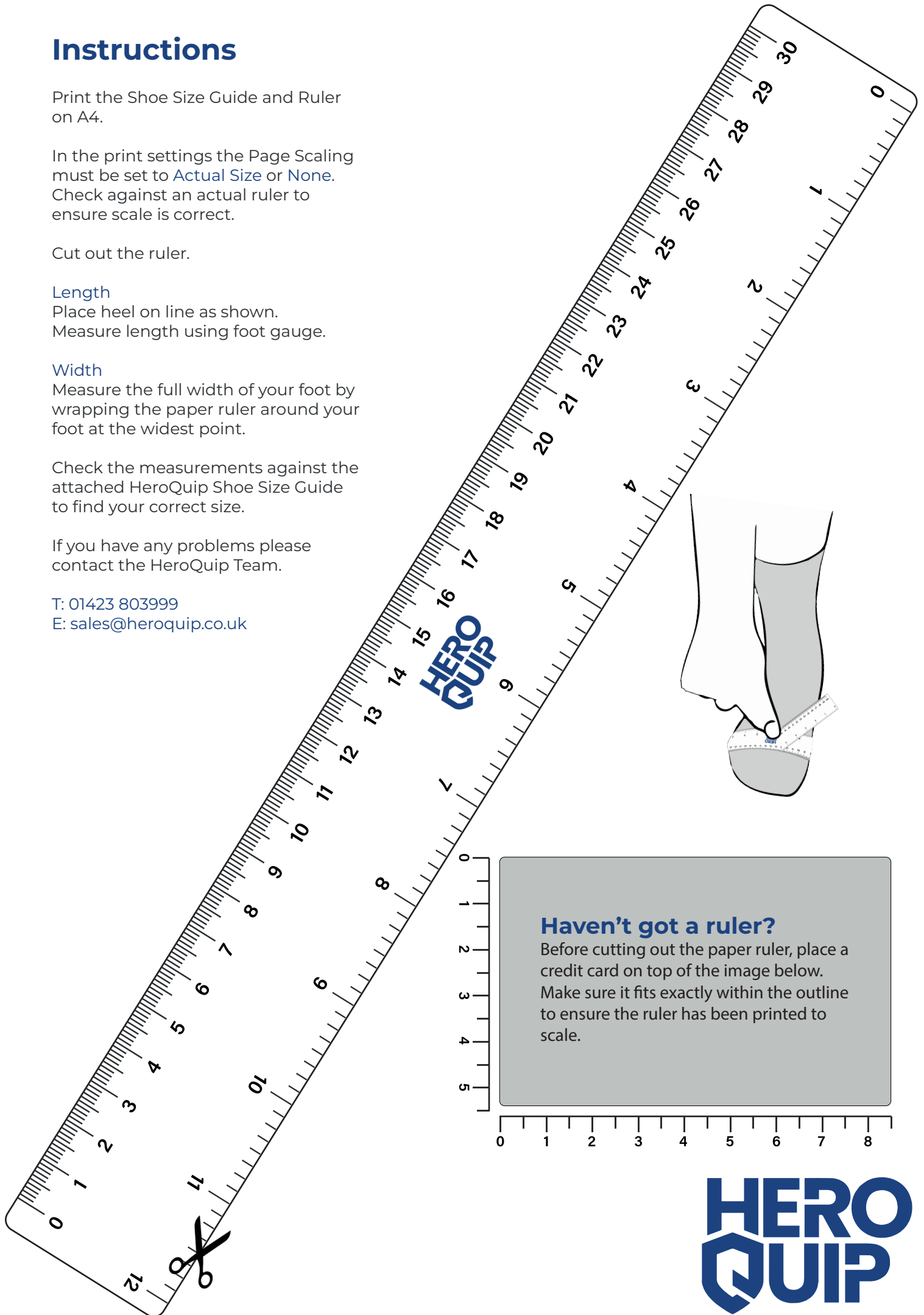
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**Haven't got a ruler?**  
Before cutting out the paper ruler, place a credit card on top of the image below. Make sure it fits exactly within the outline to ensure the ruler has been printed to scale.



UK Shoe Size	EU Shoe Size	Foot Length (mm)	Foot Width Narrow (mm)	Foot Width Standard (mm)	Foot Width Wide (mm)	Foot Width Extra-Wide (mm)
3	36	221	216.5	222.5	228.5	240.5
3.5	36.5	225	221	227	233	245
4	37	229	225.5	231.5	237.5	249.5
4.5	37.5	233				
5	38	237	230	236	242	254
5.5	38.5	241				
6	39	246	234.5	240.5	246.5	258.5
6.5	40	250	239	245	251	263
7	41	254	243.5	249.5	255.5	267.5
7.5	41.5	258				
8	42	263	248	254	260	272
8.5	42.5	267				
9	43	272	252.5	258.5	264.5	276.5
9.5	44	276				
10	45	280	257	263	269	281
10.5	45.5	285	261.5	267.5	273.5	285.5
11	46	289	266	272	278	290
11.5	46.5	293				
12	47	298	270.5	276.5	282.5	294.5
12.5	47.5	302				
13	48	306	275	281	287	299
13.5	48.5	310				
14	49	314	279.5	285.5	291.5	303.5
14.5	50	319	284	290	296	308
15	51	323	288.5	294.5	300.5	312.5

This Shoe Size Guide has been designed to be used in conjunction with the HeroQuip Foot Gauge and Paper Ruler.

