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How to Size with a Measuring Tape

Proper sizing is extremely important for the safety of the user. We recommend using a sizing set and if that is not available, use a good tape measure. In either case, accuracy is very important. The following measuring instructions are necessary for both men and women.

- Always provide the name of the fire fighter, height and weight.
- Whenever possible use a sizing set.
- Use a high quality non-stretch tape. Never pull the measuring tape too tight. Always start with the low end of numbers.
- Take all measurements over any clothing or equipment that the user would normally wear underneath his/her turnouts (e.g., belt, cell, phone, pager, etc.), take into account that individuals may wear more clothing during colder months.

NFPA 1500 mandates that all 3 layers shall have at least a 2" overlap between the coat and pant when:

- Both arms should be raised overhead while bending in all directions and the overlap of the composite to the waist of the bunkers should be at least 2" in all positions.

Instructions for Using a Measuring Tape

Chest Size–

Arms should be at rest by their side. Measure around the fullest part of the chest, keeping the measuring tape up under the arms and around the shoulder blades, then have the firefighter take a deep breath. If the measurement is an odd number or fraction; round up to the nearest even size. That number is their chest size.

- ✓ For individuals with broad shoulders and muscular arms and/or backs, an over-the-arm measurement should be taken. Measure over the fullest part of the chest and over the upper arms with their arms at rest. Round up to the nearest even number. That number is the over the arm size. (Not always needed.)

Coat Length: Front / Back –

Coat lengths will depend on height of the fire fighter. Rule of thumb –

- 30" Coat length for 5'-8" or shorter
 - 32" Coat length for 5'-9" to 6'-1"
 - 35" Coat length if over 6'-2"
- ✓ Remember while bending in all directions there has to be an overlap of at least 2" between the coat thermal liner and the top of their bunkers waistband.
 - ✓ Remember, additional lengths can be added to the back of the coat by requesting our EDP™ system. The "Extended Drop Panel System" can extend the coats back by 3" or 5" in length.

Provide coat lengths based on 30", 32" and 35". If an EDP System is needed please specify EDP 3" or EDP 5".

Sleeve Length –

Ricochet's standard sleeve lengths are designed and graded proportionately to chest sizes, which will fit the majority of fire fighters. However, we recommend you still measure with a tape for accurate lengths. With the fire fighters arms at rest, straight by their side, measure from the base of the neck (the C-5 vertebra) over the shoulder and down the arm to the base of the thumb (about 1" below the wrist bone). That number is their sleeve length. Sleeve lengths are available in one inch increments.

Information need for sizing

Name	Ht.	Wt.	Chest	Front	Back /EDP	Sleeve	Waist	Inseam
Adams	5-9	185	46	30	+3	33		

If you have any measuring questions please contact our Customer Service Department at 888-462-1999 ext. 14 for assistance.

Pant Waist Size –

- ✓ Ask what pant size do they wear in their station pant. Rule of thumb - whatever their station pant size is, their turnout pant will be one size larger. (Station pant size 34 waist/turnout pant waist 36)

Measure around the waist, over any clothing or accessories at the height they would normally wear their station pants. Keep one finger between tape and body. That number is their waist size. Round up to the nearest even size.

Inseam Size –

Have them place their feet about 5" apart, measure from the top of the crotch down the inside of the leg to the ankle bone. That number is their inseam size. Inseam lengths are available in one inch increments.

HIPS (Female Only): Measure around the fullest part of the hip area.

Information need for sizing

Name	Ht.	Wt.	Chest	Front	Back /EDP	Sleeve	Waist	Inseam
Adams	5-9	185	46	30	+3	33	38	30

If you have any measuring questions please contact our Customer Service Department at 888-462-1999 ext. 14 for assistance.