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How to Size with a Sizing Set

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 measuring tape. 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.
- 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.), taking into account that individuals may wear more clothing during colder months.
- When using sizing sets always take a look at sleeve lengths and inseam lengths while the FF has the gear on. But to insure accuracy, always measure the sleeves and inseams with a tape after he/she has removed the gear.

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 Sizing with a Sizing Set

Chest Size–

- ✓ Ask the fire fighter what coat size are they currently wearing as your starting point.
- ✓ Pull the size from your sizing set and have them completely don the coat. Make sure their closure system is closed completely.
- ✓ Make sure the shoulders and chest fit comfortably throughout the full range of motion.
- ✓ Have them hug themselves and ask if there is any binding or tightness in the upper back area or within in the shoulders.
- ✓ This will give you their chest size.

Provide us the even chest size from the label on the coat that fits best in the chest and shoulders.

Coat Length: Front / Back –

- ✓ Ask them to raise both arms overhead while bending in all directions and make sure there is an overlap of at least 2" between the coats thermal liner and the top of their bunker waistband.
- ✓ This will give you their coat length size. (Coat lengths are available in 30", 32" and 35"). Additional length can be added to the back of the coat by requesting our EDP™ system for additional thermal protection. The "Extended Drop Panel System" can extend the back of the coat by 3" or 5" in length.

Provide coat lengths based on 30", 32" and 35". If an EDP System is needed please specify the 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. *This should be done without the sizing gear on.* 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)
- ✓ Pull the size from your sizing set and have them don the pant. Make sure the closure system is closed completely.
- ✓ Make sure the fly fastens easily at the waist when donning over their pants, belt and or any other items they would normally wear under their bunkers.
- ✓ Ask them to squat, simulate crawling and climbing motions to make sure there is room in the seat and thigh.
- ✓ HIPS (Females Only): Measure around the fullest part of the hip area.

Provide us the even waist size from the inside pant label that fits best at the waist.

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. *This should be done without the sizing gear on.*
- ✓ The cuffs of the pant should stop at the ankle bone.
- ✓ Inseam 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	38	30

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