

# Fire-Dex<sup>®</sup> Measurement Guide

Fire-Dex<sup>®</sup> Sizing Gear is the most accurate way to measure a person. In the event that sizing gear is not available, follow the instructions below. Use the right side of the guide to mark sizes and not person's data.

- All measurements are taken with arms at sides and at an "at ease" stance.
- All measurements are taken with stationwear on.
- Do not use other manufacturers' measurements.

**CHEST** – Measure at chest, just below armpits. Bigger is usually better for fit and comfort. Even numbered sizes only, i.e. 32", 34", etc.

\*If using a Fire-Dex Sizing Chart for general sizing, we manufacture the larger of the two numbers in each category.

**SLEEVE** - Measure sleeve lengths from the middle of the back, from the vertebrae at the base of the neck, over the shoulder to the point on the hand that is required (generally done to the thumb croch). Longer is usually better for protection. Do not bend arm.

\*On applicable gear, if a sleeve length is not specified, the standard sleeve length will be shipped.

**WAIST** - Waist is measured at point where pant will be worn. Bigger is usually better for fit and comfort. The inside of the pants, at the waist, will measure the dimension you place on the order. Even numbered sizes only, i.e. 32", 34", etc.

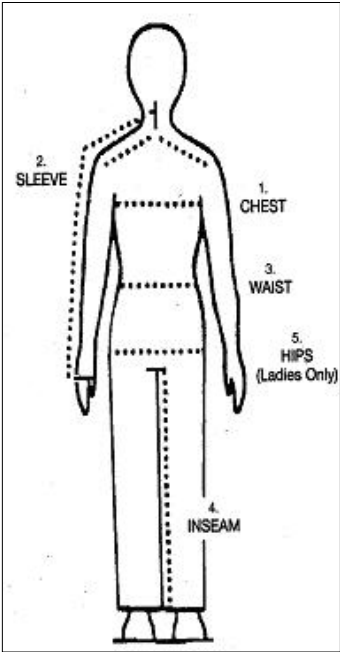
\* If using a Fire-Dex Sizing Chart for general sizing, we manufacture the larger of the two numbers in each category

**INSEAM** - Inseam is measured from the crotch to the point on the foot that is required.

\*On applicable gear, if an inseam is not specified, the standard inseam will be shipped.

**SUSPENDERS** - Suspenders are measured from the rear suspender post over the top of the shoulder to the front suspender post. Correct rise pants and rear bib size need to be used.

**HIPS (ladies only)** - Measure hips at widest point.



\_\_\_\_\_  
Fire Department Name

\_\_\_\_\_  
Firefighter Name

\_\_\_\_\_  
Firefighter Signature (acceptance of sizing information)

CHEST	
SLEEVE	Std. - or - ____
WAIST	
INSEAM	Std. - or - ____
HIPS (ladies)	
HEIGHT	
WEIGHT	
SUSPENDERS	
GLOVE	
BOOT	

Tools used for measuring:  
 Tape measure  
 Fire-Dex<sup>®</sup> Sizing Gear

Boot measuring:  
 Brannock Device  
 Fire-Dex<sup>®</sup> Sizing Boots

Name patch to read (please print):  
 Leave blank if no patch is ordered.

**For Distributor Use Only**  
 Please email a typed Excel sizing spreadsheet to your Customer Service Representative along with your order.

\_\_\_\_\_  
Measured by

\_\_\_\_\_  
Today's Date