

Fire-Dex Measurement Guide

Fire-Dex 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 note 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. When ordering general sizes, you will receive chest size pertaining to the chart below. For general sizing, we manufacture the larger of the two numbers in each category.

CHEST MSMT	SIZE	CHEST MSMT	SIZE
32-34"	XS	48-50"	XL
36-38"	SM	52-54"	2X
40-42"	MD	56-58"	3X
44-46"	LG	60-62"	4X

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. If not standard, a "custom" sleeve length charge of \$15.00 will apply.

CHEST MSMT	SIZE	STANDARD SLEEVE
32-34"	XS	32"
36-38"	SM	32"
40-42"	MD	34"
44-46"	LG	35"
48-50"	XL	35"
52-54"	2X	36"
56-58"	3X	36"

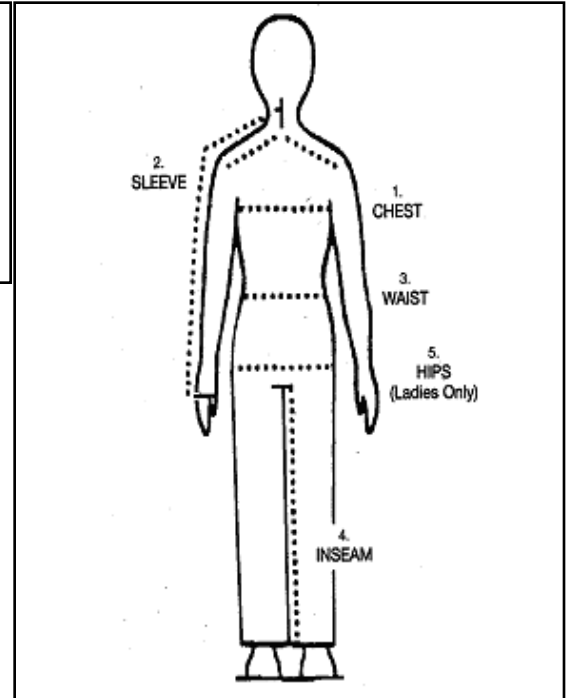
WAIST - Waist is measured at point where pant will be worn. Bigger is usually better for fit and comfort. When ordering general sizes you will receive a waist size pertaining to the chart below. For general sizing we manufacture the larger of the two numbers in each category. The inside of the pants, at the waist, will measure the dimension you place on the order. Even numbered sizes only, i.e. 32", 34", etc.

WAIST MSMT	SIZE	WAIST MSMT	SIZE
26-28"	XS	42-44"	XL
30-32"	SM	46-48"	2X
34-36"	MD	50-52"	3X
38-40"	LG	54-56"	4X

INSEAM - Inseam is measured well up in the crotch area to that point on the foot that is required. Our standard inseam is 29". This is appropriate for anyone between 5'9" and 6'2". For inseams 33" to 36", add 10%, 37" and up, add 20% to shell & liner.

SUSPENDERS - Suspenders are measured from 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 (Ladies sizing only)



Fire Department Name

Firefighter Name

Firefighter Signature (acceptance of sizing information)

Tool used for measuring:

- Tape measure
 Fire-Dex Sizing Gear

CHEST	
SLEEVE	Std. - or - _____
WAIST	
INSEAM	
HIPS (ladies only)	
Suspenders	

Name patch to read (please print):

Leave blank if no patch is ordered.

Measured by

Today's Date