



FIRE OPS 101

PERSONAL PROTECTIVE EQUIPMENT SIZING INFORMATION & CHART

Dear FIRE OPS 101 Participant:

On the first day as a recruit firefighter, one of the first things a recruit will do is to be issued their personal protective equipment, commonly referred to as turnout gear, or bunkers. A firefighter's turnout gear and breathing apparatus can be compared to a police officer's bulletproof vest; it is his/her first line of protection.

During your experience as a FIRE OPS 101 participant, it will be necessary for you to wear firefighter's turnout gear. In order for our department to properly fit you in a rapid fashion, it will be necessary for you to provide us with specific measurements.

For best results, use a flexible sewing tape measure and have a friend or family member assist you when taking the measurements. All measurements should be taken over normal, casual, street-type clothing (Do not just go by normal jean sizing, as it will be too small).

Chest/Bust Measurement:

Take a deep breath, hold it and measure under the arms around the fullest part of the chest (bust).

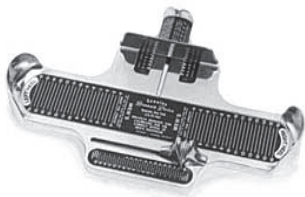
Size	Chest/Bust (in inches)
Small	34" – 36"
Medium	38" – 40"
Large	42" – 44"
XLarge	46" – 48"
2XLarge	50" – 52"
3XLarge	54" – 56"

Waist Measurement:

Please indicate your normal pant or jean waist size in inches. As an alternative, you may measure around your waist at your normal pant waist line. When using this method it is best to take the measurement over a belt.

Size	Waist (in inches)
Small	28" – 30"
Medium	32" – 34"
Large	36" – 38"
XLarge	40" – 42"
2XLarge	44" – 46"
3XLarge	48" – 50"

Shoe/Boot Size:



If you know your foot size as measured at a shoe store on a Brannock foot-measuring device (as illustrated to the left) please provide this measurement, as this will provide the most accurate measurement for the fitting of your firefighting boots. If you do not know your foot's measurement as described above, please indicate your normal dress shoe size or boot size. Running/gym type shoe sizes will not provide an accurate sizing for our firefighting boots.



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Participant's Name: _____

Height: _____ feet _____ inches

Gender (please circle): Male Female

T-Shirt Size (please circle):

Small Medium Large XLarge 2XLarge

Using the information on proper measurements from the previous page, please fill out the information below:

Chest/Bust Measurement (please circle):

Small Medium Large XLarge 2XLarge 3XLarge

Waist Measurement (please circle):

Small Medium Large XLarge 2XLarge 3XLarge

Boot Size: _____

If you have any questions regarding this form or need assistance pertaining to your Personal Protective Equipment sizing:

Contact _____ at the _____ Fire Department

Phone: _____ or email: _____.

****Completed Sizing Charts should be scanned and emailed to _____ no later than _____.**