



# FITTED FOR PURPOSE

HARD ARMOR FITTING GUIDE



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At Hesco, our mission is the safety and protection of people and assets anytime, anywhere. We design, engineer and manufacture innovative products that provide users confidence to do their jobs in the most hazardous environments around the world.

Selecting the proper body armor size, to allow maximum protection and maintain ease of mobility, is of utmost importance. This guide will assist in selecting the ballistic insert size and shape best suited for you and your field assignment, so that you are able to work in comfort and confidence.

The NIJ (National Institute of Justice) has taken steps to address issues that affect law enforcement personnel's use of body armor, including issuing guidance that advises agencies to consider comfort when selecting body armor as well as information on design elements that can affect comfort. NIJ's body armor guidance also provides information on proper fit and advises agencies to inspect armor for proper fit. In addition, the guidance advises agencies to select armor that provides full front, back and side protection and includes information about the balance between comfort and protection.

For more information, visit [www.nij.gov](http://www.nij.gov) and search for "Factors that Affect Officers' Use of Body Armor."

If you have any questions, please do not hesitate to contact Hesco Armor at [support@hesco.com](mailto:support@hesco.com)

# OPTIMUM PLATE SIZE AND SHAPE



HESCO® Body Armor is available in a number of shapes and sizes (size selection is model specific) as well as various curvatures, weights and thicknesses. Torso plates provide front and back chest protection. Side plates are also available for additional protection.

The primary organ to be protected is the heart. Since the heart is located with its apex near the left center chest, for optimum protection the chosen ballistic insert should be wide enough to ensure complete coverage of this area as shown in the illustration on page 7.

**Based on fixed plate dimensions, use the Torso Plate Sizing Chart on page 5 as a general guide for choosing the ballistic insert size best suited for you.**

Sizes reference HESCO Armor products only. Please contact your armor supplier for other make and model specifications.

# TORSO PLATE SIZING CHART

(US, UK, AU)

## STEP 1 - determine your chest measurement and length of plate that best suits you

Chest	32 - 35" (81.3 - 88.9 cm)	36 - 39" (91.4 - 99.1 cm)	40 - 43" (101.6 - 109.2 cm)	44 - 47" (111.8 - 119.4 cm)	48"+ (121.9 cm+)
Length of Plate	Determine the optimum plate length for you. When standing, the top plate edge should rest at the level of the suprasternal/jugular notch (see figure on page 7). Bottom plate edge should extend to approximately 4.5 inches above service belt insuring protection of vital organs and vessels.				

## STEP 2 - select your plate style and appropriate size

SAPI Cuts	XS	S	M	L	XL
	7.25 x 11.5" (184 x 292 mm)	8.75 x 11.75" (222 x 298 mm)	9.5 x 12.5" (241 x 318 mm)	10.25 x 13.25" (260 x 337 mm)	11 x 14" (279 x 356 mm)
Shooter/ Full Cuts	S 8 x 10" (203 x 254 mm)		L 10 x 12" (254 x 305 mm)		

*Information on this chart is for the purpose of general guidance only...  
subject to user preference or experience.*

### CHEST MEASUREMENT

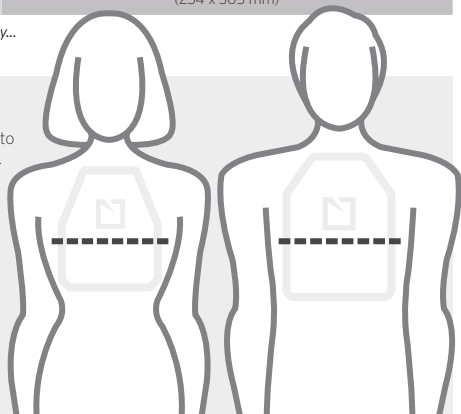
Measure under arms around fullest part of the chest. Be sure to keep measuring tape level across back and comfortably loose.

### LENGTH OF PLATE

Determine the length of the plate that best suits your body type while protecting all vital organs and vessels. Plate should fit comfortably when standing or sitting.

### BE SURE PLATES FIT YOUR CARRIER

If you already have a vest or plate carrier, or if you will be purchasing one later, make sure it accommodates your new ballistic inserts.



# MOBILITY AND COMFORT



Once the proper plate size has been determined, it is critical that plates be worn in the correct position on the body so as to allow maximum protection with minimal discomfort.

When in a standing position, the top edge of the plate should rest at the level of the suprasternal / jugular notch (the soft spot right above the sternum), see illustration (page 7). When your finger presses in that spot, the top edge of the plate should touch the bottom of your fingertip.

Where the bottom plate edge rests depends on the wearer's physical height. To insure protection of vital organs and vessels, the bottom edge of the front plate should extend to the bottom of the rib cage, or approximately 4.5 inches (114 mm) from the top of the service belt when standing. For comfort when seated, the space between the bottom plate edge and the service belt closes naturally preventing the insert from riding up into the neck area.

A properly fitted torso plate should not interfere with the comfortable movement of the arms and shoulders.

If a plate is too large it may impede mobility and result in difficulty holding, aiming or discharging a weapon which can result in fatigue and inaccuracy.

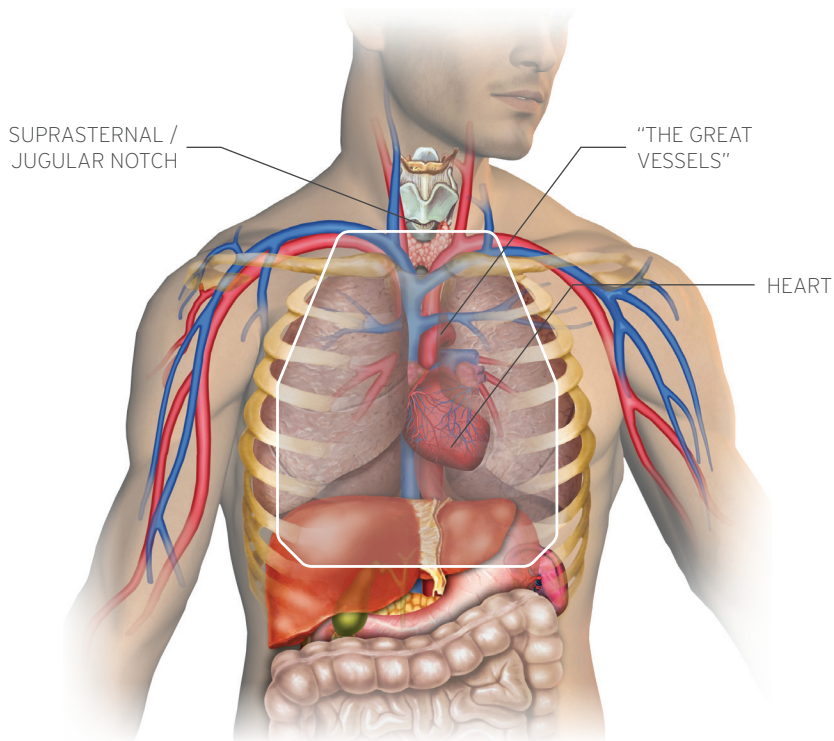


Diagram illustrates position of HESCO Armor, Shooter Cut (Large).

Other cuts and sizes are available as required.

**Properly positioned ballistic insert protects the heart and other vital organs and vessels.**

# ENGINEERED FOR PROTECTION



## POSITIONING THE BACK PLATE

When positioned properly in a plate carrier, the top and bottom edges of the back plate should align with the top and bottom edges of the front plate when viewed from the side. This coverage area provides maximum protection from the rear as well as user comfort while seated or standing. For additional back protection, some users prefer a full cut plate for the rear facing pocket which provides more upper left and right corner area coverage.

## SIDE PLATES FOR ADDED PROTECTION

Side plates are available in two sizes and a variety of weights and thicknesses. As the name implies, these plates protect the vulnerable areas of the abdomen from side shots. If worn high enough in the tactical vest they can also provide side protection for the heart.

## FOR MORE INFORMATION

For more information regarding size, weight, thickness, curvature and threat performance, please refer to our Armor Product Brochure and specific Armor Technical Sheets by model at [hesco.com/armor](https://hesco.com/armor) or contact a Hesco Armor Representative.







# READY WHEN YOU ARE

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BODY ARMOR FOR THE  
PROTECTORS AND ELITE



Ask for genuine HESCO Body Armor  
For more details, contact [support@hesco.com](mailto:support@hesco.com)

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Hesco operates a quality management system certified to ISO 9001:2008.  
Approved Certificate Numbers: C2016-01513; BA9000: 2012; AQAP 2110

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