

# 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.

**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.

**COAT LENGTH** – NFPA requires the coat and pant to have at least a 2" overlap of all layers so there is no gaping of the total thermal protection when the protective garments are worn. Measure from the center of the collar down the spine, stopping at the bottom of the belt line. Round up to nearest whole inch. As a rule, adding 8" to this measurement for FX-M & FX-A will give you a suitable coverage length. Add 7" for FX-R.

**BELLY** – If belly measurement is larger than chest, please include this number as the jacket will require a BEG gusset. Measure around the largest part of the belly.

**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 crotch). 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

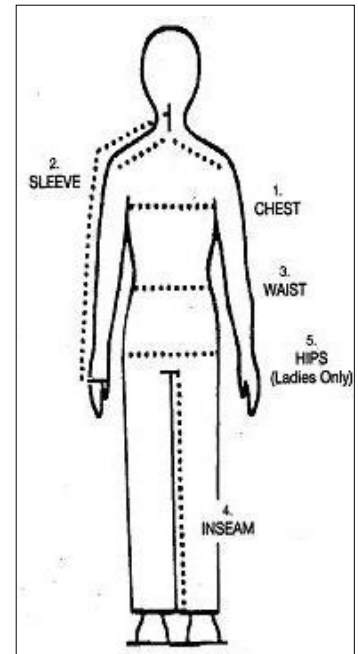
**INSEAM** - Inseam is measured from the crotch to the point on the foot that is required.  
 \*On applicable gear, if inseam is not specified, the standard inseam will be shipped.

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

**HIPS** - Measure hips at widest point. If the hips are greater in dimension than the waist we can accommodate with a wider thigh area. As a rule, a 4"-6" difference would require a hip modification.

CHEST	
COAT LENGTH	
BELLY	
SLEEVE	Std. - or - _____
WAIST	
INSEAM	Std. - or - _____
HIPS	
HEIGHT	
WEIGHT	
SUSPENDERS	

**For Distributor Use Only**  
 Please attach a typed Excel sizing spreadsheet with your PO when submitting your order in FireWriter2.



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

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

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.

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

Today's Date

FXR, FXM, Proximity Gear, EMS and USAR all use custom sizing\*.

\*Chest and waist in even 2" increments with custom sleeve lengths and inseams in 1" increments.

FXC Turnout Sizing

FXC Coat Sizing			FXC Pant Sizing		
Size	Chest	Std. Sleeve	Size	Waist	Std. Inseam
SM	38"	32"	SM	32"	29"
MD	42"	34"	MD	36"	29"
LG	46"	35"	LG	40"	29"
XL	50"	35"	XL	44"	29"
2X	54"	36"	2X	48"	29"
3X	58"	36"	3X	52"	29"
4X	62"	37"	4X	56"	29"

\*\*\*Custom sleeve and inseam lengths are available upon request. If unspecified, standard will be shipped.

TECGEN51 Sizing

TECGEN51 Jacket Sizing			TECGEN51 Pant Sizing			TECGEN51 Coverall Sizing		
Size	Chest	Sleeve*	Size	Waist	Inseam*	Size	Chest	Inseams
SM	33-36"	33"	SM	27-30"	26-36"	SM	33-36"	Available in Short, Regular or Tall. - Add "S", "R", or "T" in last place of code.
MD	37-40"	34"	MD	31-34"	26-36"	MD	37-40"	
LG	41-44"	35"	LG	35-38"	26-36"	LG	41-44"	
XL	45-48"	36"	XL	39-42"	26-36"	XL	45-48"	
2X	49-52"	37"	2X	43-46"	26-36"	2X	49-52"	
3X	53-56"	38"	3X	47-50"	26-36"	3X	53-56"	
4X	57-60"	38"	4X	51-54"	26-36"	4X	57-60"	
5X	61-64"	38"	5X	55-58"	26-36"	5X	61-64"	

\*Sleeve Lengths shown are for "Regular". "Tall" Sleeve length is 1" longer. \*Inseam must be specified in order code.

Wildland Sizing

Wildland Jacket Sizing			Wildland Pant Sizing			Wildland Coverall Sizing			
Size	Chest	Std. Sleeve	Size	Waist	Std. Inseam	Size	Chest	Std. Sleeve	Std. Inseam
SM	35-38"	33"	SM	27-30"	29"	XS	34"	32"	28"
MD	39-42"	34"	MD	31-34"	29"	SM	38"	33"	29"
LG	43-46"	35"	LG	35-38"	30"	MD	42"	34"	29"
XL	47-50"	36"	XL	39-42"	31"	LG	46"	35"	30"
2X	51-54"	36"	2X	43-46"	31"	XL	50"	36"	31"
3X	55-58"	36"	3X	47-50"	31"	2X	54"	36"	31"
4X	59-62"	36"	4X	51-54"	31"	3X	58"	36"	31"

\*\*\*Custom sleeve and inseam lengths are available upon request. If unspecified, standard will be shipped.