



# PERSONAL PROTECTIVE EQUIPMENT SIZING INFORMATION AND CHART MEASUREMENT INSTRUCTIONS

## FIRE OPS 101

Dear Fire Ops 101 Participant:

On the first day as a recruit firefighter, one of the first things a recruit will receive is 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, as you will be wearing this gear over your clothes.

<b>CHEST/BUST MEASUREMENT</b> 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"

<b>WAIST MEASUREMENT</b> 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**  
Simply indicate your normal shoe or boot size.

