



## Turnout Gear Sizing Form

Please use the photos and diagrams below to assist you with the sizing process. You will need the assistance of another individual for accurate measuring. You will need a soft tape measure and this form to complete the measurements. A string and rigid measuring device can be substituted for the soft measuring tape if it is not available. The string is marked at each measurement point with a permanent marker, then laid out on a flat surface, and is measured by a rigid measuring device such as a construction tape measure, or ruler.

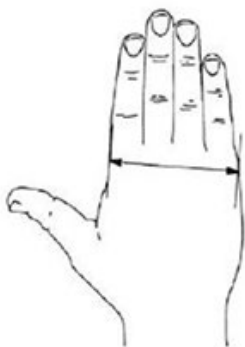
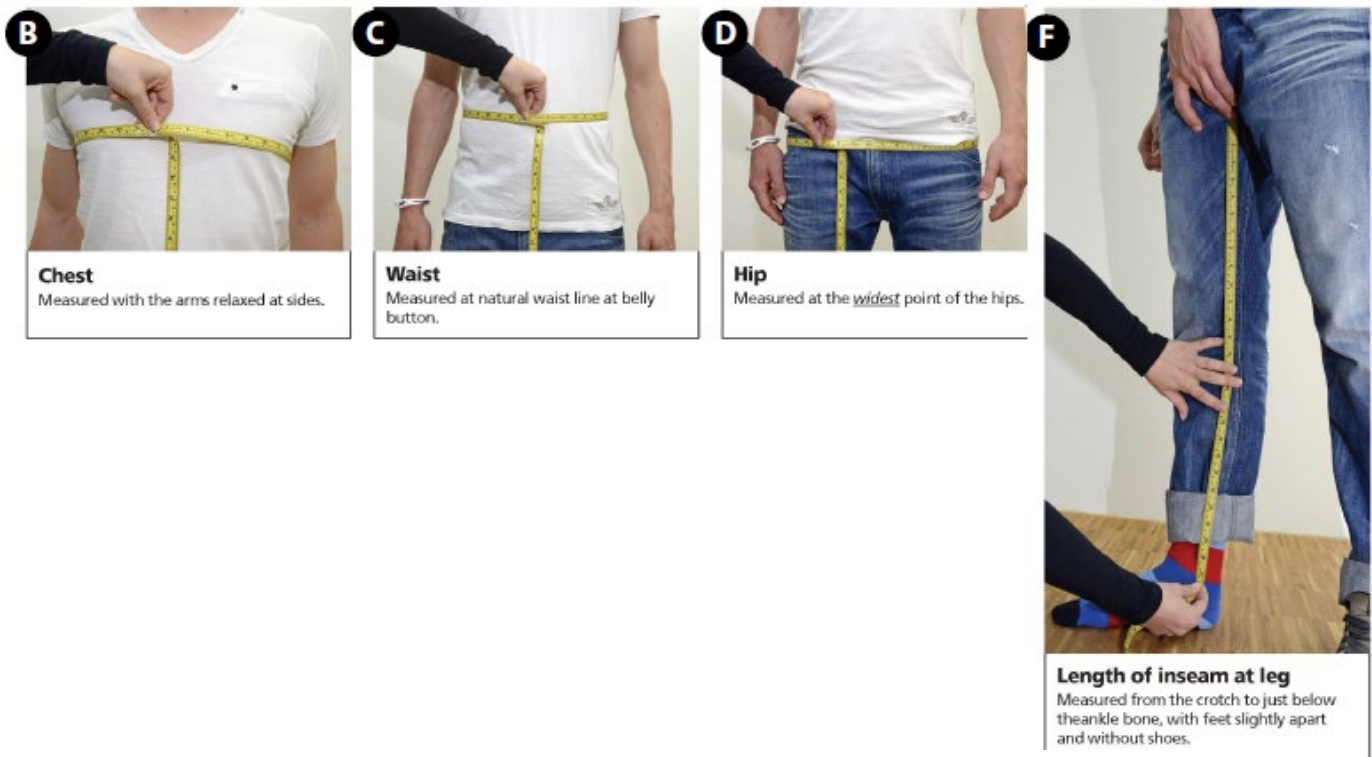


FIGURE 6.7.5(b) Measurement Location for Hand Breadth.

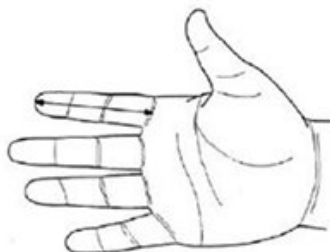


FIGURE 6.7.5(a) Measurement Location for Index Finger Length.

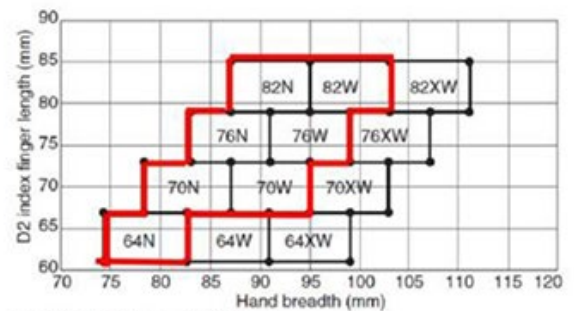


FIGURE 6.7.6.1 NFPA 1971 Size Definitions.



Circle/checkmark the sizes that are most appropriate:

<b>Chest</b> (Underarm) <i>Inches</i> _____	S: 34" – 38" M: 38" – 42" L: 42" – 46" XL: 46" – 50" XXL: 50" – 54" 3XL: 54" – 58" 4XL: 58" – 62"
<b>Waist 1</b> <i>Inches</i> _____	S: 31" – 35" M: 35" – 39" L: 39" – 43" XL: 43" – 47" XXL: 47" – 51" 3XL: 51" – 55" 4XL: 55" – 59"
<b>Jacket Size</b> - Select larger between Chest and Waist 1 sizes	<div style="text-align: center;">             S    M    L    XL    XXL    3XL    4XL           </div>
<b>Waist 2</b> <i>Inches</i> _____	S: 29" – 33" M: 33" – 37" L: 37" – 41" XL: 41" – 45" XXL: 45" – 49" 3XL: 49" – 53" 4XL: 53" – 57"
<b>Hip</b> <i>Inches</i> _____	S: 32" – 36" M: 36" – 40" L: 40" – 44" XL: 44" – 48" XXL: 48" – 52" 3XL: 52" – 56" 4XL: 56" – 60"
<b>Inseam</b> <i>Inches</i> _____	<div style="text-align: center;">             S-L: 31.5"                      XL-4XL: 33.5"           </div>
<b>Pant Size</b> – Select larger between Waist 2, Hip, and Inseam sizes	<div style="text-align: center;">             S    M    L    XL    XXL    3XL    4XL           </div>
<b>Boot Size</b> – Select 1 size larger than running shoe (women will need to convert size to men)	<div style="text-align: center;">             4    5    6    7    8    9    10    10.5    11    11.5    12    12.5           </div>
<b>Glove Size</b> <i>millimeters</i>	<div style="text-align: center;">             70W/S    76N/M    76W/L    82N/XL    82W/XXL           </div>

The Canadian Fire Rescue College will do its best to supply students with protective equipment that is as close to the measurements provided as possible. Turnout gear is not being custom made for the students, so some minor sizing differences may be present in the issued turnouts.