MEASURING GUIDE FOR TURNOUT GEAR

Men require four measurements to be properly fitted for LION turnout gear. Women require five.

**Chest size (available only in even sizes) — 1**
- Have the wearer take a deep breath and fill the lungs before measuring.
- Measure over clothing around the fullest part of the chest with the arms at rest.
- Make sure tape measure is pulled taut around circumference of chest.
- Round up to closest even size.

**Sleeve length (graded to chest size) — 2**
- Our standard sleeve lengths fit the majority of body types according to their chest sizes.
- Otherwise, have the wearer hold arm straight down at side.
- Measure from the base of the back of the neck, over the shoulder and down the arm to the top knuckle of the little finger where it joins the hand.

**Waist (available only in even sizes) — 3**
- Waist is measured above pant waist or belt, directly over navel, snug.
- Note belly measurement separately if necessary. (3a)

**Inseam (see chart) — 4**
- Turnout inseams should be shorter than the wearer’s “street length” to prevent damage to cuffs and stress at seat seams.
- Measure from the crotch down the inside of the leg to bottom of anklebone.
- Round down to nearest standard inseam length.

**Women’s, athletic or special sizing**
- Please alert us to any women’s, athletic or special sizing so we can use female patterns or make pattern adjustments.
- Remember to specify coat, sleeve and inseam lengths for women.
- Include a hip measurement (5) to ensure proper fit. Measure around the fullest part of the hip area (usually 7” to 8” below the waist).
- If thigh measurement is needed, measure fullest circumference of thigh.

**Other suggestions**
- Use a sizing set whenever possible.
- Request a demonstration from your dealer.
Checking Your Clothing for Ensemble Compatibility and Proper Fit

There are several different styles of protective coats and pants available from various manufacturers. You must make sure that you are wearing coats and pants that are compatible and have adequate overlap to assure adequate protection. Always follow the manufacturer’s recommendations on compatible coat and pant models. Failure to match the proper styles of coat and pants could result in severe burns, cuts or abrasions to the lower back and torso area.

A Firefighter’s Height Affects Overlap

In order to ensure proper overlap, firefighters who are taller than 5’ 8” MUST ALWAYS wear a coat that measures 32” or greater from the collar seam to the back hem. Wearing a coat without adequate overlap could result in serious injury. Special care should be given to long-bodied firefighters of any size to ensure that overlap requirements are met.

Overlap

You must make sure that there is adequate overlap between the coat and the pants, including the outer shell, the thermal barrier and the moisture barrier before using the garment. You will need the assistance of a fellow firefighter to check these key areas.

To check overlap, the following tests should be performed while wearing your gear without an SCBA device:

A. NFPA 1500 Standard Position A (Fig. 4A): While standing, reach over head as high as possible with your hands together. There should be no less than two inches of overlap from the lower edge of the inner liner of the coat to the top of the pants.

B. NFPA 1500 Position B (Fig. 4B): While standing with your hands together and reaching overhead as far as possible, bend forward, then to the left, then to the right and then backwards as much as possible. There should be no less than two inches of overlap from the lower edge of the inner liner of the coat to the top of the pants in any of these positions.

C. Make sure the lower edge of your pants overlaps the top of your boots by four to six inches. Make sure your gloves and wristlets overlap each other by several inches, leaving no gaps where wrists might be exposed.