

Fire-Dex® Measurement Guide

- All measurements are taken with arms at sides and at an "at ease" stance.
- All measurements are taken with street cloths/station-wear on.
- Do not use other manufacturers' measurements.

1. CHEST:

Measure at chest, just below armpits. Bigger is usually better for fit and comfort. Even numbered sizes only, i.e. 32", 34", etc.

2. 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.

3. 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.

4. INSEAM:

Inseam is measured from the crotch to the point on the foot that is required. (Typically the center of the ankle bone).

