

# SIZING INSTRUCTIONS FOR RICOCHET STRUCTURAL AND PROXIMITY GEAR When using the Ricochet Sizing Gear

### **General Guidelines:**

- Do not use other manufacturer's sizing or sizing instructions to determine measurements. Do not allow individuals to measure themselves.
- Take all measurements over any clothing or equipment that the user would normally wear underneath the protective garment (e.g., belt, cell phone, pager, etc.) considering that individuals may weigh more and wear more clothing during colder months.
- Round all fractions up to the next whole number.
- Patterns for females are available but are not always necessary to ensure a proper fit. If the
  hips are 5" larger than the chest measurement a women's coat pattern is recommended. If
  the hips are 5" larger than the waist/belly measurement, a women's pant pattern is
  recommended.
- Always provide height and weight and any non-proportional measurements as this helps to determining appropriate sizes.
- Ensure that there is sufficient overlap as required by NFPA 1500. NFPA 1500 mandates that all layers shall have at least a 2" overlap between the coat and pant when measured in both of the following positions:
  - Standing, hands together, reaching overhead as high as possible; and
  - Standing, hands together, reaching overhead with body bent forward, to the side and to back as much as possible

## **Sizing Coats**

## **Men's Sizing Coats**

### Women's Sizing Coats

| Chest | Back   | Sleeve | Identified | Chest | Back   | Sleeve | Identified |
|-------|--------|--------|------------|-------|--------|--------|------------|
|       | Length |        | on Coat    |       | Length |        | on Coat    |
| 36    | 32     | 36     | 36M        | 34    | 30     | 32     | 34W        |
| 38    | 32     | 36     | 38M        | 36    | 30     | 32     | 36W        |
| 40    | 32     | 36     | 40M        | 38    | 30     | 32     | 38W        |
| 42    | 32     | 36     | 42M        | 40    | 30     | 32     | 40W        |
| 44    | 32     | 36     | 44M        | 42    | 30     | 32     | 42W        |
| 46    | 32     | 36     | 46M        | 44    | 30     | 32     | 44W        |
| 48    | 32     | 36     | 48M        | 46    | 30     | 32     | 46W        |

**The coats** are easy to size, it either feels comfortable or it doesn't. The available sizing coats are listed above. The chest measurements will be accurate, but care will need to be taken with the sleeve and back length measurements as the sizing gear may be longer or shorter than required.

Following are the critical questions/points in coat sizing:

- 1) **Does the person have enough clothing** (sweater, sweatshirt, etc.) under the coat when trying it on. Dress for the worst case (cold).
  - a) A larger size is often needed to allow for a work vest or a big bulky sweatshirt! Not all sizes are contained in the Sizing Gear: if the chest size is smaller than 36" (34" for women) and larger than 48" (46" for women) please use "Sizing Instructions-Using a Measuring" Tape to

determine coat size

- 2) Make sure they zip it up and "hug themselves" to make sure it is not too tight across the back/chest area. The men's coat patterns are straight, so the wearer needs to zip the jacket and move, crouch and kneel as they would in the field to make sure it doesn't restrict movement. The women's coat patterns are flared slightly in the hip area.
- 3) Check and record the chest size. Chest sizes are available in two-inch chest increments, record the coat chest size that best fits, or choose one size up or down (+/- 2") to adjust the fit. Make sure the gear is zipped and closed as mentioned above. The coat should also be tried on with a pant, to make sure there is enough room in the waist area and that there is proper overlap of the pant and coat in the back. Remember the chest size that fits best may not be your actual chest measurement. Record the chest size of the coat you would like to order on the order form.
- 4) **Check and record the sleeve length**. The bottom of the cuff should fall down to the thumb knuckle when standing with arms down to the side.
  - a) Add or subtract, (in 1" increments) to reach this point. Error on the longer side if you are between measurements. If the coat sleeves are too short, exposure may occur when the arms are extended. The adjusted sleeve should cover the wrist when the arms are extended straight in front and level with the floor.
- 5) **Check and record the back length**. The standard men's coat is a 32" length. Check to ensure proper overlap/coverage as defined by NFPA 1500 (see above).

Below are general guidelines for coat back lengths:

#### Men's

| Height           | Typical Back Length |
|------------------|---------------------|
| 5'5" and shorter | 30"                 |
| 5'6" -6'1"       | 32" (standard)      |
| 6'2"-6'4"        | 34"                 |
| 6'5" and taller  | 36"                 |

## Women's

| Height           | Typical Back Length |
|------------------|---------------------|
| 5'2" and shorter | 28"                 |
| 5'3" -5'8"       | 30" (standard)      |
| 5'9-5'11"        | 32"                 |
| 6'0" and taller  | 34"                 |

<sup>\*</sup>Please note that standard back lengths will be used if a length is not specified on your order

## Provide the following information when placing your order:

**Coat Chest Size** – Based on which sizing coat fits best, provide a whole even number (Men's sizes 34"-60" and Women's sizes 28"-50")

**Sleeve Length** – Provide a whole number based on the adjustment, plus or minus in 1" increments, from the sizing coat (Men's ranges from 32"-38" and Women's ranges from 28"-34")

**Back Length** – Provide a number based on the adjustment, plus or minus in 2" increments from sizing coat (Men's available in 30", 32" (standard), 34" and 36" and Women's available in 28", 30" (standard), 32" and 34")

**Example:** If you try on a Men's 44" sizing coat and the sleeves are 2" too long and the coat length is appropriate, the size you would order is 44" chest x 32" back length x 34" sleeve. Please note that the coats are always ordered in the sequence of chest x coat back length x sleeve length

## **Sizing Pants**

Men's Sizing Pants Women's Sizing Pants

| Waist | Inseam | Identified on | Waist | Inseam | Identified on |
|-------|--------|---------------|-------|--------|---------------|
|       |        | Pant          |       |        | Pant          |
| 34    | 30     | 34M           | 32    | 28     | 32W           |
| 36    | 30     | 36M           | 34    | 28     | 34W           |
| 38    | 30     | 38M           | 36    | 28     | 36W           |
| 40    | 30     | 40M           | 38    | 28     | 38W           |
| 42    | 30     | 42M           | 40    | 28     | 40W           |
| 44    | 30     | 44M           | 42    | 28     | 42W           |
| 46    | 30     | 46M           | 44    | 28     | 44W           |

#### Pants:

1) Select one waist size larger than your pant/jean size to start. Zip and close pant, then crouch to make sure the pant is not too tight. Always push for one extra size up and direct them to use the belt to tighten. Again, slightly larger can be addressed by tightening the belt, but too small will limit the range of movement and will be uncomfortable.

Not all sizes are contained in the Sizing Gear: if the waist size is smaller than 34" (32" for women) and larger than 46" (44" for women) please use "Sizing Instructions-Using a Measuring Tape" to determine pant size

- 2) Check the inseam length:
  - a) Determine the inseam length by adding or subtracting from the length of the sizing pant plus or minus 2" increments (the Men's sizing pant inseam is 30" and the Women's sizing pant inseam is 28"). The cuffs should fall at the ankle bone. Error on shorter side. If too long, the pants may drag and tear, if slighter shorter, the boot or shoe will cover this area.

# Provide the following information when placing your order:

**Pant Waist Size** – Provide a whole even number in 2" increments (Men's sizes: 30"-60" and Women's sizes 28"-50")

**Inseam Length** – Provide a whole number based on the adjustment, plus or minus in 2" increments, from the sizing pant which is 30" from Men's and 28" from Women's (Men's ranges from 26"-36" and Women's ranges from 24"-34")

**Example:** If you try on a Men's 40" sizing pant and the inseam is 2" too long, the size you would order is 40" waist x 28" inseam

The important thing to remember is to be sure there is enough room to move. We often have individuals who are on a diet or working out and want to get the pants tighter/smaller so they will fit better in the future. This is a great concept, but somehow gravity and time always win. In general, your bunker coat chest size and bunker pant waist size will be 4-6" larger than your pant/jean size and the inseam will be approximately 2" shorter than your pant/jean inseam.

Thanks for your attention to these instructions. Feel free to call if you have any questions. Customer Service is 1-866-293-8104, EXT 228.