



Structural & Proximity Gear Sizing Instructions

GENERAL GUIDELINES WHEN USING RICOCHET SIZING GEAR:

- Do not use other manufacturer's sizing or instructions
- Do not allow individuals to measure themselves
- Take all measurements over any clothing or equipment that the user would normally wear
 - Examples: belt, cell phone, pager, etc.
 - Take into consideration additional clothing worn or protection (J-FIRE) or during colder months
- Round all fractions up to the next whole number
- Female patterns may be used during two exceptions
 - Exception: A women's coat pattern is recommended if hips are 5 inches larger than the chest measurement, and/or
 - Hips are 5 inches larger than the waist/belly measurement
- Always provide height and weight and any non-proportional measurements
- Ensure all layers shall have at least a 2-inch overlap* between the coat and pant 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 the back as much as possible
 - *As required by NFPA 1500
- Available sizes:

Coats	Men's	Women's
Chest* (2" increments)	34" - 60"	28" - 50"
Length* (2" increments)	30" - 36"	28" - 34"
Sleeve (1" increments)	32" - 38"	28" - 34"

Pants	Men's	Women's
Waist* (2" increments)	30" - 60"	28" - 50"
Inseam* (2" increments)	26" - 36"	24" - 34"

* must be even numbers

PANTS:

Not all sizes are contained in the sizing gear kit. If the waist size is outside the range below, use "Fabric Measuring Tape Sizing Instructions" available at ADSinc.com/FES-PPE

Men's Sizing Pants

Women's Sizing Pants

Waist	Inseam	Pant Identification		Waist	Inseam	Pant Identification
34	30	34 M		28	28	28 W
38	30	38 M		30	28	30 W
42	30	42 M		34	28	34 W
46	30	46 M		38	28	38 W
50	30	50 M		42	28	42 W
54	30	54 M		46	28	46 W
58	30	58 M		50	28	50 W

Following are the critical questions/points in pant sizing

- 1) Does the fire fighter have enough clothing on when trying the garments on?
 - Dress for worst case (cold) weather
- 2) **Determine waist size**
 - Waist sizes are available in 2" increments.
 - Select one size larger than your jean/pant size.
 - Zip/close pant, crouch to make sure that pant is not too tight.
 - If in between sizes, chose the larger size (slightly larger pants can be addressed by tightening the belt, while too small will limit the range of movement).
- 3) **Determine inseam length**
 - Add or subtract from the length of the sizing pant plus or minus 2" increments.
 - Men's sizing pant inseam is 30"
 - Women's sizing pant inseam is 28"
 - Cuffs should fall at the ankle bone; err on the shorter side.
 - If too long, the pants may drag and tear. If shorter, boot or shoe will cover this area.

COATS:

Not all sizes are contained in the sizing gear kit. If the chest size is outside the range below, use Fabric Measuring Tape Sizing Instructions available at ADSinc.com/FES-PPE

When using the Ricochet Sizing Gear, try on over normal clothing and be sure to keep sizing pant on when trying on coat

Men's Sizing Coats				Women's Sizing Coats			
Chest	Back Length	Sleeve	Coat Identification	Chest	Back Length	Sleeve	Pant Identification
36	32	36	36 M	30	30	33	30 W
40	32	36	40 M	34	30	33	34 W
44	32	36	44 M	36	30	33	36 W
48	32	36	48 M	38	30	33	38 W
52	32	36	52 M	42	30	33	42 W
56	32	36	56 M	46	30	33	46 W
60	32	36	60 M	50	30	33	50 W

Following are the critical questions/points in coat sizing

- 1) Does the fire fighter have enough clothing on when trying the garments on?
 - Dress for worst case (cold) weather
- 2) **Have the fire fighter zip coat and hug themselves** to ensure it's not too tight across the back/chest area
 - After the coat has been zipped, move, crouch and kneel as you would in the field
Note: Men's coat patterns are cut straight from chest to bottom of coat. If the coat fits in the chest, but is too tight in the hip area, consider a women's pattern which is flared in the hip area
 - If in between sizes, chose the larger size (slightly larger pants can be addressed by tightening the belt, while too small will limit the range of movement)
- 3) **Determine chest size**
 - Chest sizes are available in 2" increments
 - Select chest size that best fits or choose one size up or down (+/- 2")
 - Zip and close coat
 - Be sure that coat is tried on with pant
Note: chest size that best fits may not be your actual chest measurement
- 4) **Determine sleeve length**
 - Bottom of cuff should fall down to the thumb knuckle when standing with arms at sides
 - Add or subtract in 1" increments to reach this point
 - Err on the longer size if you are in between measurements
 - If sleeves are too short, exposure may occur when arms are extended
 - Adjusted sleeves should cover the wrist when the arms are extended straight in front and level with the floor
- 5) **Determine back length**
 - See chart for guidelines

Men's Coat Back Lengths		Women's Coat Back Lengths	
Height	Typical Back Length	Height	Typical Back Length
5'5" and shorter	30"	5'2" and shorter	28"
5'6"-6'1"	32" (regular/standard)	5'3"-5'8"	30" (regular/standard)
6'2"-6'4"	34"	5'9"-5'11"	32"
6'5" and taller	36"	6'0" and taller	34"

PROVIDE THE FOLLOWING INFORMATION WHEN PLACING YOUR ORDER

Coat Chest Size: Based on which sizing coat fits the best, provide a whole even number

Sleeve Length: Provide whole number based on the adjustment (plus or minus in 1" increments)

Back Length: Provide a number based on the adjustment (plus or minus in 2" increments)

Sample part number: MM2-GBS-C-AFM-44-32-35*

* Note that coats are always ordered in the sequence of chest size x coat back length x sleeve length (AFM= men's pattern | AFW=women's pattern)

Pant Waist Size: based on which sizing pant fits the best provide a whole even number

Inseam Length: provide whole number based on the adjustment (plus or minus in 2" increments)

Sample part number: MM2-GBS-PAA-AFM-40-28*

* Note that pants are always ordered in the sequence of waist size x inseam (AFM= men's pattern | AFW=women's pattern)

More information on sizing (including a video) is available at ADSinc.com/FES-PPE

If you require assistance or have any questions, please contact your ADS rep or email FIREPPE@adsinc.com