



FIRE OPS 101 PERSONAL EQUIPMENT AND SIZING CHART

Dear Fire Ops 101 Participant:

All fire fighters are issued personal protective equipment (PPE), commonly referred to as turnout gear or bunkers, and self-contained breathing apparatus. PPEs are essential for the safety and protection of fire fighters; similar to a bulletproof vest for a police officer. As a Fire Ops 101 participant, it is necessary that you be properly fitted for your PPE; therefore, your assistance is requested in completing the attached form.

For best results, use a flexible sewing tape measure and have someone assist you. All measurements should be taken over casual street-type clothing.

Chest Measurement:

Take a deep breath, hold it, and measure under the arms around the fullest part of the chest (bust).

Waist Measurement:

Please indicate your normal pants or jeans waist size in inches. Or you may measure around your waist at your normal pants waist line. When using this method, it is best to take the measurement over a belt.

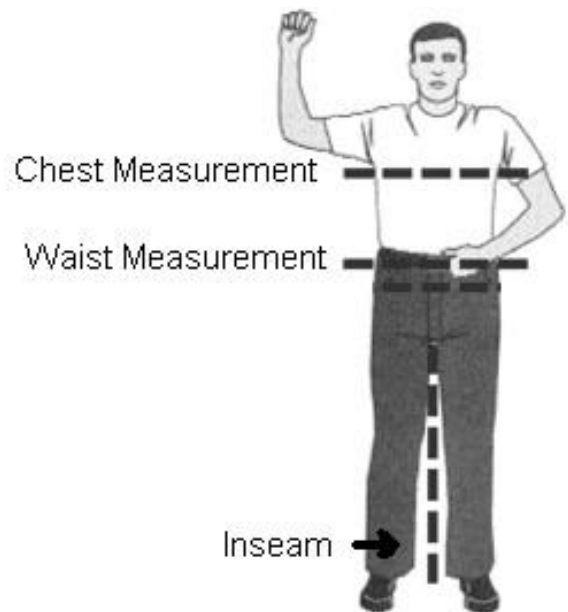
Inseam Measurement:

Wearing casual clothing or jeans, measure from the crotch inner seam to the anklebone.

Shoe/Boot Size:



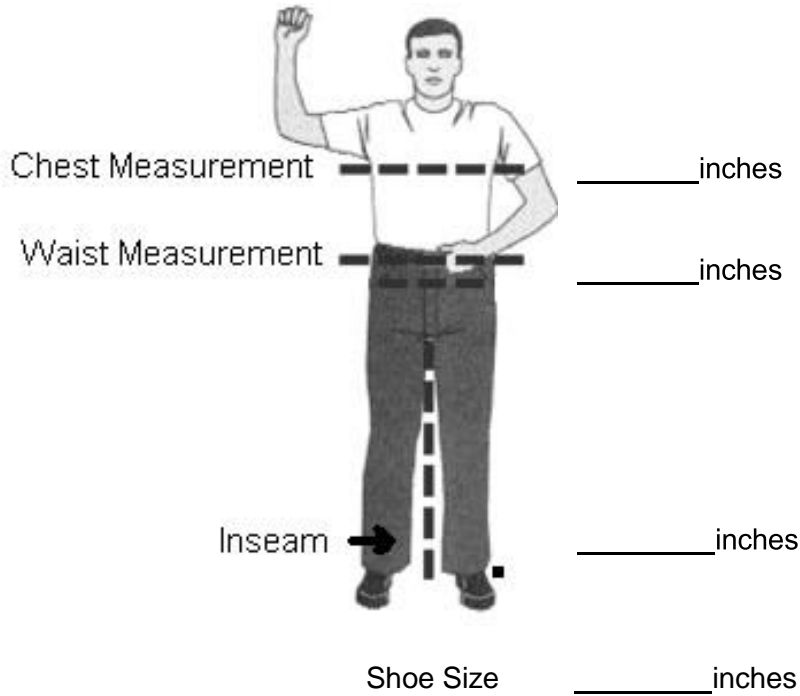
If you know your shoe size, as measured on a Brannock foot-measuring device (as illustrated to the left), please provide this measurement. This is the most accurate measurement for the fitting of firefighting boots. If you do not know your shoe size as described above, please indicate your dress shoe or boot size. Please note that athletic shoe sizes will not provide an accurate sizing for our firefighting boots.



Participant's Name _____

Height _____ feet _____ inches **Weight** _____ lbs.

Gender (please circle): Male Female



Should you have any questions or need assistance in regards to this form, please contact _____ of the _____ at (____) _____ or through e-mail at _____.

The completed form should be faxed no later than _____, to:

Fax: (____) _____