



HOW TO MEASURE A FIREFIGHTER BRISTOL FIRE & RESCUE GARMENT

PACFIRE



PURPOSE

This document has been prepared by Pac Fire Australia in association with our partners Bristol Uniforms. The purpose of this document is to provide individuals with detailed instructions on how to accurately measure a firefighter for their Bristol Uniforms firefighting or rescue garment.

INTRODUCTION

Most Bristol Uniforms Firefighting & Rescue garment ranges comprise of 28 male and 28 female sizes while made to measure options are also available.

The correct fit is an essential component in ensuring firefighters experience optimum protection, mobility and comfort when wearing their Bristol ensemble.

Accurately measuring a firefighter should take approximately 10 minutes to complete.

IT IS ESSENTIAL THAT TIME AND CARE IS TAKEN TO ACCURATELY COMPLETE THE MEASUREMENT PROCESS AND ALSO WHEN FILLING OUT THE SIZING PRO-FORMA DOCUMENT.

If you're unsure of the accuracy of a measurement or something doesn't look right - simply retake the measurement.

GETTING STARTED

Before commencing measurements, there are a few steps that will allow you to get off to the best start.

1. GATHER THE MATERIALS REQUIRED (G-1)



You will need the follow:

- 2 soft 3.0m measuring tapes
- Ruler
- Blu-tac
- Blue or black pen
- How to measure a firefighter guide book
- Firefighters Sizing Pro-Forma

2. DUTY WEAR (G-2)

Instruct the firefighter(s) you will be measuring to be dressed in their dutywear. Ideally this should consist of:

- Long sleeve shirt
- Trousers
- Belt

Ensure there are no accessories hanging from the belt. The firefighter should NOT be wearing footwear during measuring.



3. SIZING PRO-FORMA

Instruct the firefighter(s) to complete their personal information on the Pac Fire sizing pro-forma.

MEASUREMENTS REQUIRED

Male firefighters require 5 measurements to ascertain their best fit. Female firefighters require 1 additional measurement - 6 in total (fig 1).

The measurements that will be taken are:

- Height
- Chest
- Waist
- Inside Leg
- Sleeve length
- For Female firefighters, the Hips

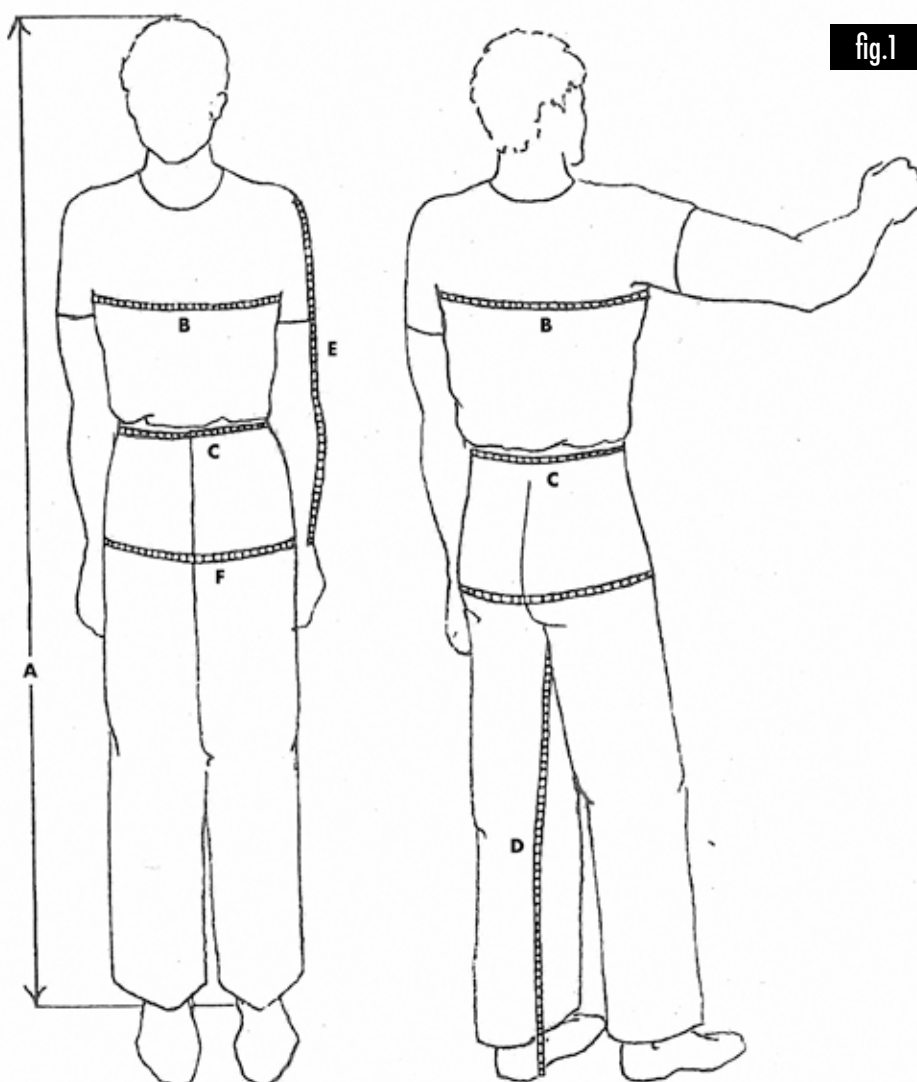


fig.1

MEASURING A FIREFIGHTER FOR THEIR BRISTOL STRUCTURAL ENSEMBLE



S-1

1. HEIGHT

- Fix one of the tape measure supplied to a flat, vertical surface - like the inside of a door frame
- Attach the end that reads zero to the bottom of the wall using the blu-tac (S-1)
- Reach up, taking the slack out of the tape, and fix the other end to the wall creating a straight line (S-2)
- Instruct the firefighter to stand with their back firmly against the wall
- Place the ruler against the top of the firefighter's head, then take the reading from the tape (S-3)

This will measure from the crown of the head to the floor. Record this measurement on the firefighter's sizing pro-forma



S-2

2. CHEST

- Measure around the fullest part of the chest (S-4)
- To get the most accurate measurement ensure the firefighter's arms are down and relaxed by their side
- Request the firefighter inhales, completely filling their lungs before reading the measurement

Record the chest measurement on the firefighter's sizing pro-forma



S-3

3. WAIST

- Measure the circumference of the natural waistline (S-5)
- Take the measurement for the waist in between the lowest rib and the hip

Record the waist measurement on the firefighter's sizing pro-forma



S-4

4. INSIDE LEG

- Measure from the base of the crotch to the floor (S-6)
- Ensure the end closest to the floor is aligned with the firefighter's heel

Record the waist measurement on the firefighter's sizing pro-forma

5. SLEEVE LENGTH

- Ensure the firefighters arms are relaxed by their side
- Measure from the end of the firefighters shoulder bone to the outer wrist bone (S-7)

Record the waist measurement on the firefighters sizing pro-forma

6. HIPS

- Female firefighters require one additional measurement - the hips (S-8)
- The hip is usually about 200mm below the waist
- Measure around the fullest part of the female firefighters hips

Record the hip measurement on the firefighters sizing pro-forma

7. CHECK

Congratulations! You've successfully measured a firefighter for a Bristol garment by taking and recording measurements for;

- Height
- Chest
- Waist
- Inside Leg
- Sleeve length
- With the addition of a hip measurement for female firefighters

Now, ensure the firefighters personal information is correctly completed and the measurements are recorded in the right place on the sizing pro-forma.

8. SUBMIT

Scan the sizing pro-forma, then email it to sizing@pacfire.com.au. Alternatively you can fax the completed document to: (07) 3441 7177.

Please retain a copy of the paperwork for your records.



**SCAN THE QR CODE TO WATCH
A SHORT INSTRUCTIONAL VIDEO
DETAILING HOW TO ACCURATELY
MEASURE A FIREFIGHTER**



SIZING PRO-FORMA

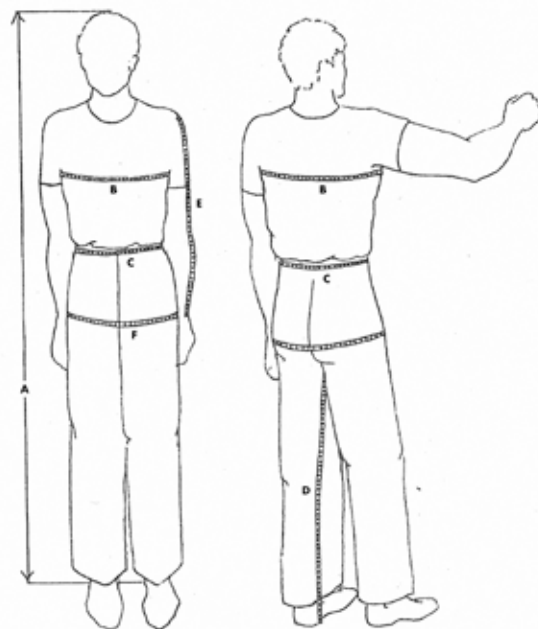
DATE:

FULL NAME:	
EMPLOYEE NUMBER:	
STATION / LOCATION:	
CONTACT NUMBER:	
EMAIL ADDRESS:	

I AM A (PLEASE TICK THE APPROPRIATE BOX):

MALE REQUIRING 5 MEASUREMENTS		FEMALE REQUIRING 6 MEASUREMENTS	
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		GUIDE TO TAKING THE MEASUREMENT	MEASUREMENT (in CM)
A	HEIGHT	Crown of head to floor	
B	CHEST	Circumference of fullest part (both arms down relaxed a side)	
C	WAIST	Circumference of natural waistline between lowest rib and hip bone	
D	INSIDE LEG	Crotch to floor	
E	SLEEVE LENGTH	End of shoulder bone to outer wrist bone (arm relaxed at side)	
F	HIP	Circumference of fullest part - about 200mm below the natural waistline	



TIME AND CARE SHOULD BE TAKEN
TO ACCURATELY COMPLETE THE
MEASUREMENT PROCESS AND FILL
OUT THIS SIZING PRO-FORMA TO
ACHIEVE THE BEST POSSIBLE FIT.

SIZING SUPERVISOR SIGNATURE

FIREFIGHTER'S SIGNATURE

Scan and email to sizing@pacfire.com.au | Fax to (07) 3441 7177
Please retain a copy of this form for your records.

PACFIRE



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