

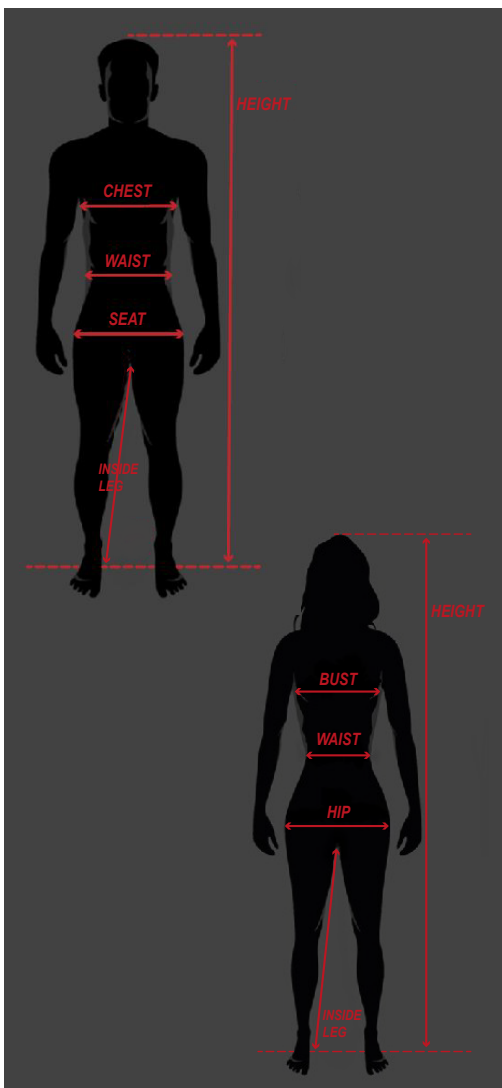
630 & 635 WEARER FIT GUIDE



FRSA
Fire Rescue Safety Australia

FLAME PRO

AVAILABLE SIZES: THE FOLLOWING ARE WEARER BODY MEASUREMENTS



MEASURING GUIDE

Measurements must be taken wearing clothing usually worn underneath Structural Fire garments.
The tape measure should be fairly loose and not pulled too tight.

Chest/Bust - measure under the arms at the fullest part around the chest horizontally with arms by your side

Waist - measure around the natural waistline at the fullest part

Seat/Hip - with the feet together measure around fullest part of the hips

Height - with bare feet together measure from the top of the head to the floor

Inside leg - in bare feet take the measurement from the top of the inside leg and measure down the inside leg to the floor

Once measurements are taken compare them to the fit guide measurement tables to find your Tunic and Trouser size.

When fitting the Trouser if the waist and seat measurements fall into different size categories then choose the larger size to ensure the trouser is not too close fitting, the waist has adjusters.

If the height and inside leg measurements fall into different length categories then choose the Tunic length based on the height measurement and the trouser length based on the inside leg measurement. If your inside leg is between lengths choose the longer length.

SIZE GUIDE				
Tunic Size	Chest/Bust	Trouser Size	Waist	Seat/Hip
X-Small	84-92cm / 33-36"	X-Small	68-76cm / 27-30"	80-88cm / 31-35"
Small	92-100cm / 36-39"	Small	76-84cm / 30-33"	88-96cm / 35-38"
Medium	100-108cm / 39-42"	Medium	84-92cm / 33-36"	96-104cm / 38-41"
Large	108-116cm / 42-45"	Large	92-100cm / 36-39"	104-112cm / 41-44"
X-Large	116-124cm / 45-49"	X-Large	100-108cm / 39-42"	112-120cm / 44-47"
2X-Large	124-132cm / 49-52"	2X-Large	108-116cm / 42-45"	120-128cm / 47-50"
3X-Large	132-140cm / 52-55"	3X-Large	116-124cm / 45-49"	128-136cm / 50-54"
4X-Large	140-148cm / 55-58"	4X-Large	124-132cm / 49-52"	136-144cm / 54-57"

LENGTH SIZE	Height – use for garment length	Inside Leg – use specifically for trouser length
X-Short	152 - 160cm / 5'0" - 5'3"	68cm / 27"
Short	160 - 172cm / 5'3" - 5'8"	73cm / 29"
Regular	172 - 180cm / 5'8" - 5'11"	78cm / 31"
Tall	180 - 188cm / 5'11" - 6'2"	83cm / 33"
X-Tall	188 - 196cm / 6'2" - 6'5"	88cm / 35"
XX-Tall	196 - 204cm / 6'5" - 6'8"	93cm / 37"

EXAMPLE WEARER 1		EXAMPLE WEARER 2	
Body Measurements	Size Category	Body Measurements	Size Category
Chest/Bust = 102cm	Medium	Chest/Bust = 125cm	2X-Large
Waist = 86cm	Medium	Waist = 116cm	2X-Large
Seat/Hip = 112cm	Large	Seat/Hip = 117cm	X-Large
Height = 162cm	Short	Height = 185cm	Tall
Inside leg = 77cm	Regular	Inside leg = 86cm	X-Tall
This wearer would choose the following sizes: Tunic = Size Medium/Short Trouser = Size Large/Regular		This wearer would choose the following sizes: Tunic = Size 2X-Large/Tall Trouser = Size 2X-Large/X-Tall	

****Please note when using the measurement tables that all manufacturing tolerances and standard garment over-measures have been taken into account.**

This ensures any slight variances in manufacture or fabric shrinkage after washing will not affect the fit of the garments.