

1

SET UP SIZING GARMENTS

Arc Flash suit sizing kit consists of 8 coats and 8 bib-overalls. Sizes include Small up to 5XL. Lay out all of the sizes on a table in order from smallest to biggest. Have a spreadsheet ready to record worker names and sizes.

2

WORKER SIZING

Have each worker start by trying on the size that they feel is right. Workers should be wearing their regular work clothing to ensure the fit represents how they will use the suit. Make sure workers either sit or put their back up against a wall when trying on the bib-overalls to avoid falling over. Keep the bib-overall suspenders connected and pull up over their shoulders. The synch strap adjustments at the waist are not necessary. Workers must try on the bib-overalls before the coat.

3

SELECT THE SIZE

Both the bib-overalls and coat should fit comfortably and allow for lots of room to move. Try different sizes until you find the right fit. Coats can be a different size than bib-overalls. If the standard size is not short or tall enough custom sizes are available based on a worker's stature. Height Range & Adjustments (how tall is the worker/change to fit):
Standard = 5'10" to 6'1", fit is the same as the sizing kit.
Short = 5'7" to 5'9", fit is -1" on sleeve & body length, -2" on inseams.
Tall = 6'2" to 6'4", fit is +1" on sleeve & body length, +2" on inseams.
Extra Tall = 6'5" to 6'7", fit is +2" on sleeve/body, +4" on inseams.

