

*Mens*

### **A. Neck**

Measure around the middle of your neck at collar level, keeping the tape loose to make allowance for comfort.

### **B. Chest**

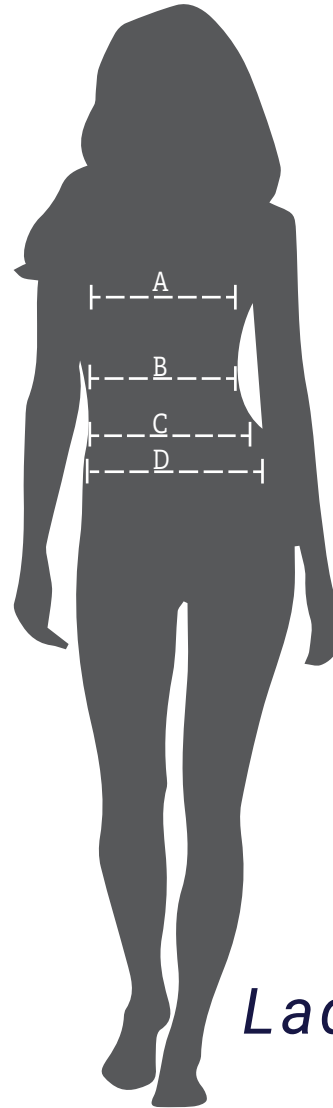
With arms at sides, measure under your arms around the fullest part of your chest. Hold one finger between body and tape.

### **C. Waist**

Measure around your natural waistline while holding one finger between body and tape.

### **D. Inseam**

Measure from the crotch seam to the bottom of the inside leg of a well-fitting pair of pants.



*Ladies*

### **A. Bust**

Measure under your arms and across shoulder blades, around the fullest part of your bust. Hold one finger between body and tape.

### **B. Waist**

Measure around your natural waistline while holding one finger between body and tape. This is the smallest part of your waist.

### **C. High Hip**

Measure the protruding points of your hip bones, approx. 3" below your natural waist.

### **D. Low Hip**

Measure the widest point of your hip, approx. 8" below your natural waist.

## TIPS FOR FINDING THE RIGHT SIZE & FIT

- \* Check your body measurements and compare with the data in the tables that follow.
- \* We recommend asking a friend to measure you for better accuracy.
- \* When taking your measurements, use a cloth tape measure, not a metal one.
- \* Measurements should be taken over standard undergarments.
- \* If you are in between sizes, choose the larger size.
- \* Measurements refer to the body; not garment measurements.
- \* Use the same tables for non-FR garments.
- \* If you are unsure about what size to order, contact us. We are always happy to help!

# Lapco FR Sizing Guide

## MENS

### MENS COVERALL SIZING

To find your coverall size, measure your chest, waist, and inseam. If your chest measurement is larger than your waist measurement, use your chest measurement to find your size. If your waist measurement is larger than your chest measurement, use your waist measurement to find your size. If you are looking for a numeric size, use your chest/waist measurement as the corresponding size.

CVFRD7 / CVEFR7 / CVIN9 / CVDHF6/GOCD6/GOCD7									
Alpha Sizes	SM	MED	LAR	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
Waist	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68

Length	SHO	REG	TAL	XTA
Inseam	28"	30"	32"	34"

Short sizes are 1/2" shorter than Regular sizes in the torso. Short sleeve lengths are 1 1/2" shorter than Regular sleeve lengths.  
 Tall sizes are 1/2" longer than Regular sizes in the torso. Tall sleeve lengths are 1 1/2" longer than Regular sleeve lengths.  
 Extra Tall sizes are 1" longer than Regular sizes in the torso. Extra Tall sleeve lengths are 3" longer than Regular sleeve lengths.

### MENS ALPHA TO NUMERIC SHIRT SIZING

To find your shirt size, use your neck, chest, and sleeve measurement. Sleeve length can be found by measuring from the center back of your neck to the end of your shoulder at the top of your arm then to your wrist where you would like your shirt cuff to sit.

IXXX7 / IBW7 / IHV7C2 / IHV7C3 / DH6 / GOSAC7 / GOS6 / GOS7 / LS / DS / 850									
Alpha Size	SM	MED	LAR	XL	2XL	3XL	4XL	5XL	6XL
Neck Size	14.5-15	15.5-16	16.5-17	17.5-18	19	20	22	23	24
Chest Measurement	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
SHO Sleeve	31-32	32-33	33-34	34	35	35	36	36	36
REG Sleeve	32-33	33-34	34-35	35	36	36	37	37	37
LON Sleeve	33-34	34-35	35-36	36	37	37	38	38	38
XLO Sleeve	34-35	35-36	36-37	37	38	38	39	39	39

Short sizes are 2" shorter than Regular sizes in the torso.  
 Long sizes are 2" longer than Regular sizes in the torso.  
 Extra Tall sizes are 5" longer than Regular sizes in the torso.

### MENS KNIT SHIRT SIZING

To find your knit shirt size, use your chest measurement. Measuring the sleeve and body length of a well fitting knit shirt can also be helpful. Sleeve length can be found by measuring from the end of your shoulder at the top of your arm then to your wrist where you would like your shirt cuff to sit. Body length can be found by measuring from the base of the back of your neck down to the point where you want your shirt to end.

FRT-USHLSP6 / FRT-HJE / FRT-HJE HV2 / FRT-HJE HV3									
Alpha Size	SM	MED	LAR	XL	2XL	3XL	4XL	5XL	6XL
Chest	39	42	45	48	51	54	57	60	63
REG Body	29	29 7/8	30 3/4	31 5/8	32 1/2	33 3/8	34 1/4	35 1/8	36
LON Body	31	31 3/4	32 5/8	33 1/2	34 3/8	35 1/4	36 1/8	37	38
REG Sleeve	25 7/8	26 3/8	26 7/8	27 3/8	27 7/8	28 3/8	28 7/8	29 3/8	29 7/8
LON Sleeve	28	28 1/2	29	29 1/2	30	30 1/2	31	31 1/2	32

### MENS JEANS AND PANTS SIZING

To find your pant size, use your waist and inseam measurement.

P-BWCJ85 / P-INCXXT9 / P-DH6XXCP / P-XXX7 / P-XXXAC / P-INDFC11 / P-INDM10U / P-INDC10 / P-INDM10 / D-PIND / P-INC																	
Numeric Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Waist	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Hip	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66

Inseam	28"	30"	32"	34"	36"	38"
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# Lapco FR Sizing Guide

## MENS

### MENS UNLINED BIB OVERALL SIZING

To find your bib size, choose the alpha size that corresponds to your preferred jeans waist size.

B13FRDN																					
Alpha Size	SM		MED		LAR		XL		2XL		3XL		4XL		5XL		6XL				
Jeans Waist	30	32	32	34	36	38	38	40	40	42	42	44	44	46	48	50	52	54	54	56	58
Length	SHO		REG		TAL																
Men's Height	5'4"-5'7"		5'8"-6'		6'1"-6'5"																

### MENS HOODIE SIZING

To find your hoodie size, use your chest measurement. Measuring the sleeve and body length of a well-fitting hoodie can also be helpful. Sleeve length can be found by measuring from the end of your shoulder at the top of your arm then to your wrist where you would like your cuff to sit. Body length can be found by measuring from the base of the back of your neck down to the point where you want your garment to end.

SWHFR14NY / SWHFR14NY									
Alpha Size	SM	MED	LAR	XL	2XL	3XL	4XL	5XL	6XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
Sleeve Length	26 1/4	26 3/4	27 1/4	27 3/4	28 1/4	28 3/4	29 1/4	29 3/4	30 1/4
Back Length	26 3/8	27	27 1/2	28 1/8	28 5/8	29 1/4	29 3/4	30 3/8	30 7/8

### MENS OUTERWEAR SIZING

To find your jacket size, use your chest measurement. To find your insulated coverall sizing, use your chest and inseam measurement. To find your insulated bib size, use your waist and inseam measurement. If you plan to wear clothing under your insulated coveralls/bibs, choose a larger size to accommodate for extra garments.

JUFWR7NY / JTFRWS9 / JCFRWS9 / PKFRWS9 / BIFRWS9 / CIFRWS9									
Alpha Size	SM	MED	LAR	XL	2XL	3XL	4XL	5XL	6XL
Chest/Waist	30-32	34-36	35-40	42-44	46-48	50-52	54-56	58-60	62-64
Length	REG		TAL						
Inseam	30-32		33-35						
Men's Height	5'8"-6'		6'1"-6'5"						

### WELDING CAP SIZING

LAP-6CFR / LAP-C / LAP-6C											
Cap Size	6 3/4	6 7/8	7	7 1/8	7 1/4	7 3/8	7 1/2	7 5/8	7 3/4	7 7/8	8
Head Measurement	21 1/8	21 1/2	21 7/8	22 1/4	22 5/8	23	23 1/2	23 7/8	24 1/4	24 5/8	25

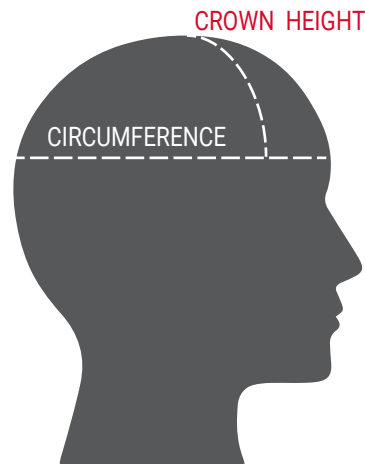
#### HOW TO MEASURE

1. Hold the end of the cloth tape measure to the middle of your forehead. If you are using a standard metallic tape measure, use a piece of string.
2. Wrap the tape or string around your head until you return to the starting point. It should be above your ears, resting at the point you would like your hat to rest.
3. Make sure the tape measure or string is snug around your head, but not too tight. It should be comfortable and just fitted enough to stay put.
4. Write down your measurement in inches. If you are using string, measure the string against your tape measure.

5. Use the size chart above to determine which size will be your best fit. If you are between sizes, choose the larger size.

#### HOW TO MEASURE CROWN HEIGHT

1. Measure from the crown of the head (highest peak) to the location where you like the bottom of the band.
2. If you have an existing hat that fits fine, lay it down flat on its side. Measure the distance from the top of the crown to the bottom of the band.



# Lapco FR Sizing Guide

## LADIES

### MISSES UNIFORM SHIRT SIZING

To find your shirt size, use your bust, waist, and sleeve measurement.

L-SFRAC MISSES					
Size	XS	SM	MED	LAR	XL
Bust	32-34	34-36	36-38	38-42	42-44
Waist	30-32	32-34	34-36	36-40	40-42
Sleeve	30	30 1/2	30 3/4	31 1/4	31 1/4
REG	27	27 1/4	27 1/2	28	28 1/8
LON	29	29 1/4	29 1/2	30	30 1/2

### WOMENS UNIFORM SHIRT SIZING

To find your shirt size, use your bust, waist, and sleeve measurement.

L-SFRAC WOMENS					
Size	2XL	3XL	4XL	5XL	6XL
Bust	44-46	46-48	48-50	50-52	52-54
Waist	42-44	44-46	46-48	48-50	50-52
Sleeve	32 1/2	33	33 1/2	34 1/4	34 3/4
REG	29 1/4	30	30 1/2	31	31 1/2
LON	31 1/4	32	32 1/2	33	33 1/2

### MISSES JEANS AND UNIFORM PANTS SIZING

To find your pant size, use your waist and hip measurement.

L-PFRAC / L-PFRD10M / LPFRD10 C MISSES									
Size	0	2	4	6	8	10	12	14	16
Waist	29	30	31 1/2	33	34	35 1/2	37	38 1/2	40 1/2
Hip	35 1/2	37	38 1/2	39 1/2	41	42 1/2	44	46	48

Length	SHO	REG	TAL
Inseam	30	32	34

### WOMENS JEANS AND UNIFORM PANTS SIZING

To find your pant size, use your waist and hip measurement.

L-PFRAC / L-PFRD10M / LPFRD10C WOMENS							
Size	18	20	22	24	26	28	30
Waist	41-42	43-44	45-46	47-48	49-50	51-52	53-54
Hip	48	50	52	54	56	58	60

Length	SHO	REG	TAL
Inseam	30	32	34

### LADIES COVERALLS

To find your coverall size, use your bust and hip measurement.

L-GOCD6										
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Bust	32-35	35 1/2-37 1/2	38-40 1/2	41-43	44 1/2-46 1/2	47-49 1/2	50-53	53 1/2-56	56 1/2-59	59 1/2-61 1/2
Hip	34-36	36 1/2-38 1/2	39-41 1/2	42-44	45-47 1/2	48-50 1/2	51-54	54 1/2-57	57 1/2-60	61-63 1/2

Length	SHO	REG	TAL
Inseam	30	32	34

# Finding Your Fit

## MENS

Lapco FR offers a variety of work pant and denim fits. Use the below guide to better understand how our durable flame-resistant styles help get the job done.



### LOOSE FIT

- \* Suited for work that requires a full range of motion
- \* Sits at natural waist
- \* Generous fit through hips and thighs
- \* Designed to fit over work boots

P-INCXXT9



### RELAXED FIT

- \* Suited for work that requires a full range of motion
- \* Sits slightly below natural waist
- \* Roomy fit through hips and thighs
- \* Designed to fit over work boots

P-INDC10 P-INDC



### REGULAR FIT

- \* Provides excellent freedom of movement
- \* Sits slightly below natural waist
- \* Easy fit through hips and thighs
- \* Designed to fit over work boots

P-INDM10 P-INDFC11 P-INDM10U  
(Leg opening for P-INDM10 U is tapered)



### ORIGINAL FIT

- \* Not too loose; not too tight. Traditional uniform fit
- \* Sits at natural waist
- \* Straight fit through hips and thighs
- \* Designed to fit over work boots

P-XXX7 P-XXXAC  
P-DH6XXCP P-BWCJ85

# Sizing Sheet

## MENS/LADIES

Use this sheet to get your measurements or copy this sheet to measure for a uniform program.

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

COMPANY: \_\_\_\_\_

DATE: \_\_\_\_\_

NECK: \_\_\_\_\_

SHOULDER: \_\_\_\_\_

CHEST: \_\_\_\_\_

BUST (Ladies): \_\_\_\_\_

WAIST : \_\_\_\_\_

HIP: \_\_\_\_\_

INSEAM: \_\_\_\_\_

ACROSS SHOULDER: \_\_\_\_\_

BACK NECK to WAIST: \_\_\_\_\_

HEIGHT: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

SHIRT SIZE: \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_

PANT SIZE: \_\_\_\_\_

JACKET SIZE: \_\_\_\_\_

NOTES: