

# Does your kit fit?

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Don't place yourself at risk,  
make sure your kit fits.

## About the equipment:

### Helmet



- ✓ Ensure hood is in place. Place helmet on head and adjust as per user manual. Test the fit by bending down to ensure helmet does not disengage from head or move forward to restrict vision.

### Fire hood



- ✓ Should not be too tight around face. The hood must be thoroughly dry before use. Make sure that it is fully tucked in at all times. Check stitching and seams are intact and no holes are observed. Check for flaring of face seam.

### Tunic



- ✓ Stretch arms upwards with thumb loops in place. Sleeves should not exceed more than an inch past your wrist bone and with arms down should reach your first knuckle on hand.



- ✓ Cross your arms in front of you. The tunic should not feel restricted across the back of shoulders.



- ✓ Bend over as if about to touch your feet. No adverse riding up of the tunic should occur that compromises the overlap with the overtrousers. Get a colleague to check on your behalf.
- ✓ The tunic should not have a tight fit. Room is needed to allow air and heat to circulate and escape. This may not only cause steam burns but also heat exhaustion.



### Gloves



- ✓ Should not be tight around knuckles. To determine this, make a fist. If you are restricted in any way, they are too tight.
- ✓ Put glove on one hand and with the other pinch the leather. You should be able to get hold of at least 1/2". This indicates the glove has plenty of room, if not there is a possibility of steam burns.

### Trousers



- ✓ Length of trousers should be no longer than 2" from floor and no shorter than 4" from floor. The bottom of the trousers should be touching the top of your boots – level with your ankle.



- ✓ You should be able to squat down easily without any restrictions.



- ✓ Move to a kneeling position. Knee protection must be covering knee area.

- ✓ Lift left leg to right hand and you should not feel restricted. Repeat with other leg/arm. Lift left leg onto a standard chair. Check that the bottom of your trouser leg does not ride up too high on your boots.

- ✓ Trousers should also be slightly bigger than everyday trousers. If they're too tight heat cannot circulate and escape which can lead to steam burns.

### Boots



- ✓ Once boots are on, walk up and down. If there is any slipping at heels then the next size down may be needed. Check for contaminants, holes, and loose heels. Check for cuts, wear and heavy abrasion. Check fullness of tread. New boots must have the soles flexed on a regular basis to assist in wearing in. Boots should be condemned if metal toe caps are exposed.

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