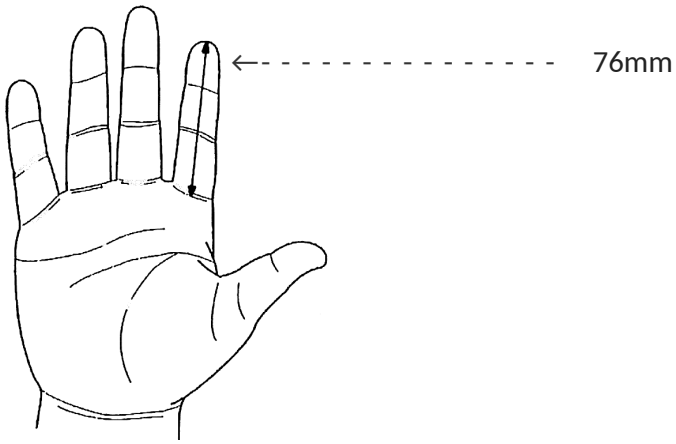
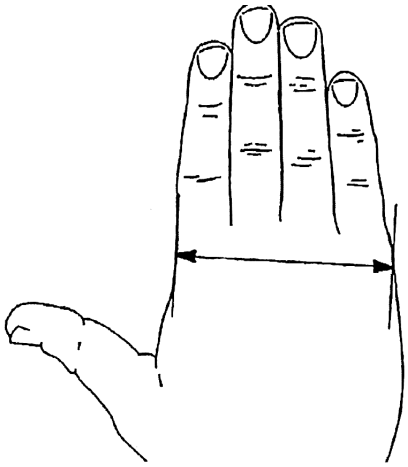
SIZING GUIDELINES USING THE NFPA 1970-2025 SIZING CONVENTION

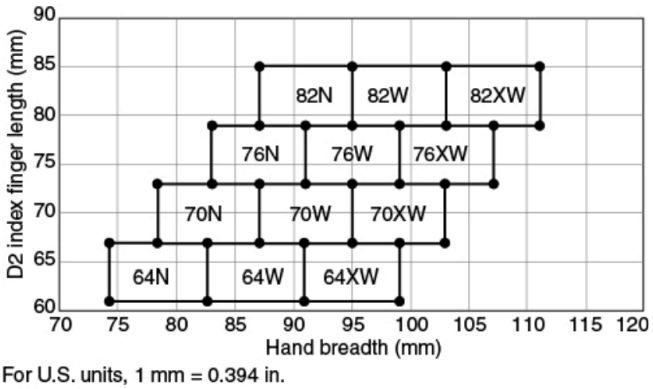
NFPA 1970, *Standard on Protective Ensembles for Structural and Proximity Firefighting*, *Work Apparel*, *Open-Circuit Self-Contained Breathing Apparatus (SCBA) for Emergency Services*, *and Personal Alert Safety Systems (PASS)*, 2025 Edition, which replaced NFPA 1971, uses a default numerical glove sizing system based on two hand measurements: index finger length (sizes 64-82) and hand breadth, in normal (N), wide (W) and extra-wide (XW) widths.

To determine the best size and fit, measure your index finger to the nearest millimeter from the tip of the finger to its base, located by the crease where the finger meets the palm. This will give you the closest numerical size. The below diagram shows where to measure and in this example the glove size would be a 76.



Now measure across the back of your hand at the knuckles, from the thumb side of your index finger to the outside of your little finger, as shown below, and find the corresponding size/width based on the chart on the right.





For U.S. units, 1 mm = 0.394 in.

The above measurement method and size chart can be found in NFPA 1970-2025, Section 7.7.4 and Figure 7.7.4.1.

The following 7 sizes are required by NFPA 1970-2025 (Section 7.7.5) and are loosely equivalent to the alpha sizes for previous Pro-Tech 8 models listed below them. Please keep in mind that the sizes are different and the best way to determine your new size is to follow the instruction above.

64N	70N	70W	76N	76W	82N	82W
XS	S	M	M/L	L/XL	XL	XXL

Contact us at info@protech8.com or your local distributor for more information or questions.