



Size Chart

NSA Carbon Armour™ FR/AR High Heat Black Long Sleeve Base Layer Shirt (Tee BST)

US SIZE	SM	MD	LG	XL	2X	3X
CHEST Inches Centimetres	32 – 35 81.3 – 89.0	36 – 39 91.4 – 99.1	40 – 43 101.6 – 109.2	44 – 47 111.8 – 119.4	48 – 51 121.9 – 129.5	52 – 55 132.1 – 139.7
CENTRE BACK LENGTH Inches Centimetres	30.0 76.2	30.5 77.5	31.0 78.7	31.5 80.0	32.0 81.3	32.5 82.6
SLEEVE LENGTH Inches Centimetres	19.5 49.5	20.0 50.8	20.5 52.1	21.0 53.3	21.5 54.6	22.0 55.9



Size Chart

NSA Carbon Armour™ FR/AR High Heat Ripstop Jacket (H2 and H3 CO7)

US SIZE	SM	MD	LG	XL	2X	3X	4X	5X
CHEST Inches Centimetres	32 – 36 81.3 – 91.4	36 – 40 91.4 – 101.6	40 – 44 101.6 – 111.8	44 – 45 111.8 – 121.9	48 – 52 121.9 – 132.1	52 – 56 132.1 – 142.2	56 – 60 142.2 – 152.4	60 – 64 152.4 – 162.6
SLEEVE LENGTH Inches Centimetres	33.5 85.1	34.0 86.4	34.5 87.6	35 88.9	35.5 90.2	36.0 91.4	36.5 92.7	36.5 92.7



Size Chart

NSA Carbon Armour™ FR/AR High Heat OPF Blend Coverall (SPXHPCA)

US SIZE	SM	MD	LG	XL	2X	3X	4X
CHEST Inches Centimetres	44 111.8	48 121.9	52 132.1	56 142.2	60 152.4	64 162.6	68 172.7
WAIST Inches Centimetres	36 91.4	40 101.6	44 111.8	48 121.9	52 132.1	56 142.2	60 152.4
SLEEVE LENGTH Inches Centimetres	34.5 87.6	35.5 90.2	36.5 92.7	37.5 95.3	38.5 97.8	39.5 100.3	40.5 102.9
INSEAM Inches Centimetres	28.0 71.1	29.0 73.7	30.0 76.2	31.0 78.7	32.0 81.3	32.5 82.6	33.0 83.8

National Safety Apparel (NSA) measurements are true-to-size fit, meaning garments are engineered to correspond accurately to your actual body measurements, while built-in functional ease is added automatically to account for safety protocols and active movement on the job. Because NSA specialises in FR/AR PPE, their definition of a true-to-size fit prioritises safety compliance over fashion aesthetics.

You should take your actual body measurements using a fabric measuring tape. Measuring while wearing daily workwear will cause you to order a garment that is too large. Measure accurately and choose a garment size (SM, MD, LG, XL, 2X, 3X, 4X or 5X) based on your widest actual physical measurements. The size chart measurements are body measurements to help determine what size garment you should order. If your measurements fall between sizes, it is recommended that the larger size be purchased. Always round up to the larger size if your measurements fall between categories.

How to Measure (with assistance)

Chest

- Stand up straight with your arms relaxed at your sides.
- Have your assistant measure around the fullest part of your chest, under your arms and across your shoulder blades, ensuring the tape is level.

Centre Back Length

- Measure vertically from the base of the collar at the back of the neck straight down to the bottom edge hem of a well-fitting Shirt (preferably with an extended hem for enhanced coverage).

Sleeve Length

- Measure from the centre back of your neck, across your shoulder down to the wrist bone.

Waist

- To measure your waist you need to wrap a flexible measuring tape horizontally around the widest part of your midsection or your natural waistline.

Inseam

- Measure vertically, from the top of your inner thigh to the ankle bone. Stand straight and have someone measure to avoid bending and distorting the measurement. Wear your work boots while checking the length. The hem must rest on the boot without dragging on the ground, which prevents tripping hazards and fabric tearing. You can also lay a pair of well-fitting work Pants flat on a table. Measure from the exact crotch intersection straight down the inner seam to the bottom cuff.

Having someone else take your body measurements is wise because it ensures greater accuracy, maintains proper posture and prevents tape skewing.

Men's Body Measurements Guide

1. Chest:

Measure around the fullest part.

2. Waist:

Measure around the natural waistline.

5. Sleeve Length:

Measure from the center back of the neck, across the shoulder and down to the wrist bone.

3. Seat (Hips):

Measure around the fullest part.

4. Inseam:

Measure from crotch seam to the ankle.

