



National Safety Apparel (NSA) Men's Body Measurement Guide - Important Information

Unsure about fit or comfort? Order 1 or 2 garments for wear testing and sizing and ensure your team's safety, comfort and compliance before committing to a larger order.

NSA Garment Sizes

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.

What NSA True-to-Size Means

- Trust Your Actual Tape Measurements: You should measure your body with a tape measure and select the corresponding size on the NSA Body Measurement Chart - Men's. If your chest measures exactly 102 centimetres (40 inches), you should order the size matched to that measurement without artificially adding inches/centimetres to your numbers.
- If you are required to convert your measurements from centimetres to inches, divide by 2.54. For example: $102 \text{ cm} \div 2.54 = 40.16 \text{ inches}$.
- Pre-Calculated Layering Space: For outer layers (arc flash Jackets, Bibs), NSA builds the necessary extra room into the garment. A true-to-size outer Jacket is intentionally constructed larger than a standard Jacket so it can fit comfortably over your everyday underlying FR workwear or base layers.
- The Protective Air Gap: In flame resistant apparel, a true-to-size fit guarantees a critical, built-in air gap between the fabric and your skin. This gap provides vital thermal insulation against heat and arc flashes. If you downsize because you prefer a tighter look, you compress this air gap and drastically reduce your protection.
- No Excess Fabric Hazards: Conversely, a true-to-size fit avoids being excessively baggy. Excess fabric in an industrial setting creates severe risks of getting caught in machinery, tripping or snagging.

When to Size Up

- Heavy Winter Layering: If you are buying heavy outerwear (like flash fire or arc flash Jackets, Bombers or Parkas) and plan to layer thick hoodies or thermal sweaters underneath, size up.
- Over Garments (Rainwear/Chemical Suits): When ordering outer shell layers meant to completely encapsulate you while wearing a fully equipped structural uniform underneath, always take your body measurements while wearing the full uniform. If you cannot measure with your layers on, default to one size up.

NSA Body Measurement Chart – Men's

RECOMMENDED SIZE		BODY MEASUREMENTS					
TOP SIZE	PANT SIZE In / Cms	CHEST		WAIST		SEAT (HIPS)	
		Inches	Centimetres	Inches	Centimetres	Inches	Centimetres
S	27 / 68.6	34	86.4	28	71.1	34	86.4
	28 / 71.1	35	89.0	29	73.7	35	89.0
	29 / 73.7	36	91.4	30	76.2	36	91.4
	30 / 76.2	37	94.0	31	78.7	37	94.0
M	31 / 78.7	38	96.5	32	81.3	38	96.5
	32 / 81.3	39	99.0	33	83.8	39	99.0
	33 / 83.8	40	101.6	34	86.4	40	101.6
	34 / 86.4	41	104.1	35	89.0	41	104.1
L	35 / 89.0	42	106.7	36	91.4	42	106.7
	36 / 91.4	43	109.2	37	94.0	43	109.2
	38 / 96.5	44 - 45	111.8 - 114.3	38 - 39	96.5 - 99.0	44 - 45	111.8 - 114.3
XL	40 / 101.6	46 - 47	116.8 - 119.4	40 - 41	101.6 - 104.1	46 - 47	116.8 - 119.4
	42 / 106.7	48 - 49	121.9 - 124.5	42 - 43	106.7 - 109.2	48 - 49	121.9 - 124.5
2XL	44 / 111.8	50 - 51	127.0 - 129.5	44 - 45	111.8 - 114.3	50 - 51	127.0 - 129.5
	46 / 116.8	52 - 53	132.1 - 134.6	46 - 47	116.8 - 119.4	52 - 53	132.1 - 134.6
3XL	48 / 121.9	54 - 55	137.2 - 139.7	48 - 49	121.9 - 124.5	54 - 55	137.2 - 139.7
	50 / 127.0	56 - 57	142.2 - 144.8	50 - 51	127.0 - 129.5	56 - 57	142.2 - 144.8
4XL	52 / 132.1	58 - 59	147.3 - 149.9	52 - 53	132.1 - 134.6	58 - 59	147.3 - 149.9
	54 / 137.2	60 - 61	152.4 - 155.0	54 - 55	137.2 - 139.7	60 - 61	152.4 - 155.0
5XL	56 / 142.2	62 - 63	157.5 - 160.0	56 - 57	142.2 - 144.8	62 - 63	157.5 - 160.0
	58 / 147.3	64 - 65	162.6 - 165.1	58 - 59	147.3 - 149.9	64 - 65	162.6 - 165.1
6XL	60 / 152.4	66 - 67	167.6 - 170.2	60 - 61	152.4 - 155.0	66 - 67	167.6 - 170.2
	62 / 157.5	68 - 69	172.7 - 175.3	62 - 63	157.5 - 160.0	68 - 69	172.7 - 175.3

Continued ▼

NSA Body Measurement Chart – Men's (Continued)

CHEST: Stand up straight with your arms relaxed at your sides. Measure around the fullest part of your chest, under your arms and across your shoulder blades, ensuring the tape is level.

WAIST: Measure around your natural waist, where your waist bends side to side. NOTE: This may not be the smallest point.

SEAT (HIPS): Stand with your legs straight and measure around the fullest point of your hips, keeping the tape parallel to the floor.

NOTE 1: Measurements are body measurements to help determine what size garment you should order. If your measurement falls between sizes, it is recommended that the larger size be purchased.

NOTE 2: Some DRIFIRE® Garment pages display a “Product PDF/Sizing” download, which shows Product Information and a Body Measurement Chart. The body measurements are in inches. To convert your body centimetre measurements to inches, divide by 2.54 and select the corresponding inch measurements from the chart.

NSA Body Measurement Chart – Tops

RECOMMENDED SIZE	BODY MEASUREMENTS				ORDER TYPE
	CHEST		WAIST		
	Inches	Centimetres	Inches	Centimetres	
S	34 - 37	86.4 - 94.0	28 - 31	71.1 - 78.7	Stock
M	38 - 41	96.5 - 104.1	32 - 35	81.3 - 89.0	Stock
L	42 - 45	106.7 - 114.3	36 - 39	91.4 - 99.1	Stock
XL	46 - 49	116.8 - 124.5	40 - 43	101.6 - 109.2	Stock
2XL	50 - 53	127.0 - 134.6	44 - 47	111.8 - 119.4	Stock
3XL	54 - 57	137.2 - 144.8	48 - 51	122.0 - 129.5	Stock
4XL	58 - 61	147.3 - 155.0	52 - 55	132.1 - 139.7	Made-to-Order
5XL	62 - 65	157.5 - 165.1	56 - 59	142.2 - 149.9	Made-to-Order
6XL	66 - 69	167.6 - 175.3	60 - 63	152.4 - 160.0	Made-to-Order

1 CHEST

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

2 WAIST

Measure around your natural waist, where your waist bends side to side. NOTE: This may not be the smallest point.

SLEEVE LENGTH (Where Required)

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

CENTRE BACK (Where Required)

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



Continued



NSA Body Measurement Chart – Tops (Continued)

NOTE 1: Measurements are body measurements to help determine what size garment you should order. If your measurement falls between sizes, it is recommended that the larger size be purchased.

NOTE 2: Some DRIFIRE® Garment pages display a “Product PDF/Sizing” download, which shows Product Information and a Body Measurement Chart. The body measurements are in inches. To convert your body centimetre measurements to inches, divide by 2.54 and select the corresponding inch measurements from the chart.

NSA Body Measurement Chart – Bib Overalls / Coveralls

RECOMMENDED SIZE PANT SIZE	BODY MEASUREMENTS				ORDER TYPE
	WAIST		SEAT (HIPS)		
	Inches	Centimetres	Inches	Centimetres	
S	28 - 31	71.1 - 78.7	34 - 37	86.4 - 94.0	Stock
M	32 - 36	81.3 - 91.4	38 - 41	96.5 - 104.1	Stock
L	36 - 39	91.4 - 99.1	42 - 45	106.7 - 114.3	Stock
XL	40 - 43	101.6 - 109.2	46 -49	116.8 - 124.5	Stock
2XL	44 - 47	111.8 - 119.4	50 - 53	127.0 - 134.6	Stock
3XL	48 - 51	121.9 - 129.5	54 - 57	137.2 - 144.8	Stock

1 WAIST

Stand up straight with your arms relaxed at your sides. Measure around the fullest part of your chest, under your arms and across your shoulder blades, ensuring the tape is level. NOTE: This may not be the smallest point.

2 SEAT (HIPS)

Stand with your legs straight and measure around the fullest part of your hips, keeping the tape parallel to the floor.

3 SLEEVE LENGTH (Where Required)

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

NOTE 1: Measurements are body measurements to help determine what size garment you should order. If your measurement falls between sizes, it is recommended that the larger size be purchased.

NOTE 2: Some DRIFIRE® Garment pages display a “Product PDF/Sizing” download, which shows Product Information and a Body Measurement Chart. The body measurements are in inches. To convert your body centimetre measurements to inches, divide by 2.54 and select the corresponding inch measurements from the chart.



NSA Body Measurement Chart – Bottoms (Trousers / Pants)

RECOMMENDED SIZE	BODY MEASUREMENTS				ORDER TYPE
	WAIST		SEAT (HIPS)		
	Inches	Centimetres	Inches	Centimetres	
PANT SIZE In / Cms					
30 / 76.2	31	78.7	37	94.0	Stock
31 / 78.7	32	81.3	38	96.5	Stock
32 / 81.3	33	83.8	39	99.1	Stock
33 / 83.8	34	86.4	40	101.6	Stock
34 / 86.4	35	89.0	41	104.1	Stock
35 / 89.0	36	91.4	42	106.7	Stock
36 / 91.4	37	94.0	43	109.2	Stock
38 / 96.5	38 - 39	96.5 - 99.1	44 - 45	111.8 - 114.3	Stock
40 / 101.6	40 - 41	101.6 - 104.1	46 - 47	116.8 - 119.4	Stock
42 / 106.7	42 - 43	106.7 - 109.2	48 - 49	121.9 - 124.5	Stock
44 / 111.8	44 - 45	111.8 - 114.3	50 - 51	127.0 - 129.5	Stock
46 / 116.8	46 - 47	116.8 - 119.4	52 - 53	132.1 - 134.6	Stock
48 / 121.9	48 - 49	121.9 - 124.5	54 - 55	137.2 - 139.7	Stock
50 / 127.0	50 - 51	127.0 - 129.5	56 - 57	142.2 - 144.8	Stock

Continued



NSA Body Measurement Chart – Bottoms (Trousers / Pants) Continued

1 WAIST

Stand up straight with your arms relaxed at your sides. Measure around the fullest part of your chest, under your arms and across your shoulder blades, ensuring the tape is level. NOTE: This may not be the smallest point.

2 SEAT (HIPS)

Stand with your legs straight and measure around the fullest part of your hips, keeping the tape parallel to the floor.

3 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.

NOTE 1: Measurements are body measurements to help determine what size garment you should order. If your measurement falls between sizes, it is recommended that the larger size be purchased.

NOTE 2: Some DRIFIRE® Garment pages display a “Product PDF/Sizing” download, which shows Product Information and a Body Measurement Chart. The body measurements are in inches. To convert your body centimetre measurements to inches, divide by 2.54 and select the corresponding inch measurements from the chart.



Guide for Measuring Actual Body Measurements

