



Fitting Personal Body Armor An Assessment

OVERVIEW

The purpose of this assessment is to assist you in determining how well your body armor fits. Although it is understood that body armor is not necessarily comfortable, any observed and noted problems during the assessment may indicate that your armor has not been properly fitted for you; this issue should be brought to your supervisor's attention.

This assessment is excerpted from ASTM E3003, Standard Practice for Body Armor Wearer Measurement and Fitting of Armor. This standard can be accessed at no charge to law enforcement and corrections officers from the webpage below:

<https://www.astm.org/NIJ/bodyArmorFit>

INSTRUCTIONS

1. Insert the information requested on this page.
2. Use the table on the following pages to perform each of the steps as instructed. Check all items in the second column that apply and note additional observations or comments in the third column.
3. Note that if you **did not** notice any issues with your armor during the assessment, please indicate this by checking the box:
☐ After performing all steps in the assessment, I found no issues with my armor.
4. Note that if you **did** notice issues during the assessment, please indicate this by checking the box:
☐ After performing all steps in the assessment, I found issues with my armor.

OFFICER INFORMATION

First Name:

Last Name:

Badge Number:

Agency:

Phone:

Email:

Officer Name:

Preparation: Donning the Armor and Other Gear

1. While wearing the same type of clothing worn during measurement for the armor, don the body armor per manufacturer instructions, adjusting the shoulder and side straps so that the armor is snug on the torso but not overly tight.
2. Take five deep breaths. If you are not able to take deep breaths without restriction, loosen the straps slightly. Repeat this step until you are able to take deep breaths comfortably.
3. Check the box at right, if applicable, and note any comments.
4. Don the uniform shirt and other external items (e.g., duty belt and required equipment), if the armor is intended to be worn under the uniform shirt.

☐ I cannot breathe comfortably, even after adjusting the straps.

Comments:

Visual Examination (Note: Proper examination requires standing in front of a mirror or having another individual perform the examination.)

5. Remove any clothing covering the armor, if necessary. As you perform the following steps, check the appropriate boxes at right and note any comments.
6. Stand comfortably with arms lowered to the sides. Examine the armhole area to determine whether the armor is flush with the torso, or if there are gaps between the torso and the armor.
7. Sit comfortably with arms lowered to the sides. Examine the front panel to determine whether the upper edge extends vertically to the suprasternal notch (V) at the base of the neck and the lower edge extends vertically to the top of the duty belt. Note: If the armor is too high or low on your torso, adjust the shoulder straps.
8. Stand comfortably with arms lowered to the sides. Examine the front panel to determine whether the lower edge extends vertically to within two or three finger-widths from the top of the duty belt.
9. Stand comfortably with arms lowered to the sides. Examine the back panel to determine whether the upper edge extends vertically to the most prominent vertebra at the neck and the lower edge is level with the lower edge of the front panel.
10. Stand comfortably with arms raised slightly from the sides. Examine both sides of the armor
 - a. To determine if the upper edge of each side vertically extends to within 3 inches of the armpit and the lower edge of each side extends vertically to near the top of the duty belt.
 - b. To see if there is at least a 2-inch overlap of front and back panels (protective material, not just panel cover).
 - c. To see any discontinuities at the upper and lower edges of the armor, such as V shapes between front and back panels.

☐ Gaps between torso and armor at armhole

Comments:

☐ When seated, front panel upper edge not near V at neck.

☐ When seated, front panel lower edge not touching top of duty belt.

☐ When standing, front panel lower edge not within 2 or 3 finger-widths of duty belt.

☐ Back panel upper edge not near most prominent vertebra.

☐ Back panel lower edge not near top of duty belt.

☐ Upper edge of side does not extend to within 3 inches of the armpit.

☐ Lower edge of side does not extend to the top of the duty belt.

☐ Less than 2-inch overlap on sides

☐ Discontinuities at upper or lower side edges.

☐ Other problems:

Officer Name:

Handgun Shooting Stance (if applicable)

- | | | |
|--|---|------------------|
| 11. Draw the handgun and unload and clear the weapon. | ☐ Interference with arms at chest level | Comments: |
| 12. Stand comfortably with arms lowered at sides. Assume the preferred shooting stance. Hold that position for 10–15 seconds. Relax and re-holster your handgun. | ☐ Bicep discomfort/rubbing | |
| 13. Repeat the above step 10 times. | ☐ Tingling in arms, hands, or other area | |
| 14. Check the appropriate boxes at right and note any comments. Circle your preferred shooting stance below: | ☐ Other problems: | |
- Isosceles Modern Isosceles
Weaver Modified Weaver

Shoulder Weapon Shooting Stance (if applicable)

- | | | |
|---|---|------------------|
| 15. Unload and clear the shoulder weapon. | ☐ Interference with arms at chest level | Comments: |
| 16. Stand comfortably, holding the shoulder weapon in a carry position. Assume the shooting stance and shoulder the weapon. Hold that position for 10–15 seconds. Relax and lower the weapon to the carry position. | ☐ Bicep discomfort | |
| 17. Repeat the above step 10 times. | ☐ Tingling in arms, hands, or other area | |
| 18. Check the appropriate boxes at right and note any comments. | ☐ No discomfort or interference | |
- ☐ Other problems:

Restraint Operations

- | | | |
|---|---|------------------|
| 19. Stand comfortably with arms lowered at sides and perform the following movements, returning to a standing position between each movement: | ☐ Interference with arms when reaching back | Comments: |
| a. Reach to the center back of the duty belt as if reaching for restraints. | ☐ Pinching at sides or near duty belt | |
| b. Squat for 10 seconds. | ☐ Choking at neck | |
| c. Drop to one knee and remain in this position for 10 seconds. | ☐ Interference with arms at chest level in front | |
| d. Reach to the center back of the duty belt as if returning the restraints to the holder. | ☐ Other problems: | |
20. Check the appropriate boxes at right and note any comments.