PERSONAL ARMOR FIT 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 be an indication that your armor has not been properly fitted for you and should be brought to the attention of your supervisor.

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://justnet.org/NIJ_ASTM_Standards_Portal.html.

INSTRUCTIONS

1) Insert the information requested on this page.

2) Using the table on the following pages, perform each of the steps as instructed and check all items in the second column that apply and note additional observations or comments in the third column.

3) If you did **not** note any issues with your armor during the assessment, please indicate this by checking the box below:

☐ After performing all steps in the assessment, I found no issues with my armor.

4) If you noted any issues with your armor during the assessment, please indicate this by checking the box below:

☐ After performing all steps in the assessment, I found issues with my armor.

Officer Information

Date: _____

First Name: _____ Last Name: _____

Badge Number: _____ Agency: _____

Phone: _____ Email: _____

JTIC
Justice Technology Information Center

OFFICER NAME: _____

Handgun Shooting Stance (if applicable)		
11. Draw the handgun and unload and clear the weapon. 12. Stand comfortably with arms lowered at sides. Assume the preferred shooting stance. Hold that position for 10 to 15 seconds. Relax and re-holster your handgun. 13. Repeat the above step 10 times. 14. Check the appropriate boxes at right and note any comments. Circle your preferred shooting stance below: Isosceles Modern Isosceles Weaver Modified Weaver	☐ Interference with arms at chest level. ☐ Bicep discomfort/rubbing. ☐ Tingling in arms, hands or other area. ☐ Other problems: _____	Comments:
Shoulder Weapon Shooting Stance (if applicable)		
15. Unload and clear the shoulder weapon. 16. Stand comfortably holding the shoulder weapon in a carry position. Assume the shooting stance and shoulder the weapon. Hold that position for 10 to 15 seconds. Relax and lower the weapon to the carry position. 17. Repeat the above step 10 times. 18. Check the appropriate boxes at right and note any comments.	☐ Interference with arms at chest level. ☐ Bicep discomfort. ☐ Tingling in arms, hands or other area. ☐ Other problems: _____ ☐ No discomfort or interference.	Comments:
Restraint Operations		
19. Stand comfortably with arms lowered at sides and perform the following movements, returning to a standing position between each movement: • Reach to the center back of the duty belt as if reaching for restraints. • Squat for 10 seconds. • Drop to one knee and remain in this position for 10 seconds. • Reach to the center back of the duty belt as if returning the restraints to the holder. 20. Check the appropriate boxes at right and note any comments.	☐ Interference with arms when reaching back. ☐ Pinching at sides or near duty belt. ☐ Choking at neck. ☐ Interference with arms at chest level in front. ☐ Other problems: _____	Comments:

Note: *Items checked in the second column indicate fitting issues with the armor.*

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. If applicable, check the box at right and note any comments. 4. If the armor is intended to be worn under the uniform shirt, don the uniform shirt and other external items (e.g., duty belt and required equipment).	☐ I cannot breathe comfortably, even after adjusting the straps.	Comments:
Visual Examination (Note: Proper examination requires standing in front of a mirror or having a buddy perform the examination.)		
5. If necessary, remove any clothing covering the armor. As you perform the steps below, 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 to 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: • 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. • For at least 2-inch overlap of front and back panels (protective material, not just panel cover). • For 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. ☐ 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 to 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: _____	Comments:

Note: *Items checked in the second column indicate fitting issues with the armor.*

OFFICER NAME: _____

Sitting Position		
21. Stand comfortably beside a typical office chair with arms lowered at sides. Lower into the chair and assume a typical posture with elbows resting on a desktop or table. Hold that position for 10 to 15 seconds. Return to the standing position. 22. Repeat the above step 10 times. 23. Check the appropriate boxes at right and note any comments.	☐ Pinching at sides or near duty belt. ☐ Choking at neck. ☐ Interference with arms at chest level. ☐ Other problem: _____	Comments:

Vehicle Operation		
24. Stand comfortably beside your law enforcement vehicle with the door open *(see note below)*. Get into the driver's seat and fasten the seatbelt. Place hands on the steering wheel at the 10:00 and 2:00 locations. Hold that position for 10 to 15 seconds. Remove the seatbelt and exit the vehicle. 25. Repeat the above step 10 times. 26. Check the appropriate boxes at right and note any comments. *Note: These motions could be simulated by sitting in a typical office chair instead of a vehicle if a vehicle is not available. Circle as appropriate below.* Performed in vehicle Performed in office chair	☐ Pinching at sides or near duty belt. ☐ Choking at neck. ☐ Interference with arms at chest level. ☐ Other problem: _____ ☐ Tingling in arms, hands or other area.	Comments:

Note: *Items checked in the second column indicate fitting issues with the armor.*