

# Body Armor Fit Guide



**GH ARMOR**  
READY IS THE ONLY OPTION.



RAISE OR  
LOWER VEST  
WITH  
SHOULDERS  
STRAPS

VEST SHOULD  
SIT ABOVE  
DUTY BELT

FRONT TO  
BACK  
OVERLAP

Concealable body armor is made to fit snug around the body so it moves with the officer. Generally, a properly fitted vest will not be the same size as other clothing a person may wear. Body armor is designed to fit snug to the body, making the opposite true – a vest that is too large will be uncomfortable and bothersome. Properly fitted body armor is a balance between coverage and protection; vital areas must be protected but care must be taken not to impair movement or breathing.

Concealable body armor carrier is designed with a VELCRO® brand fasteners that allows adjustability for proper fit and coverage. When donning the vest, check the straps on the shoulders to make sure the Velcro attachments from the back panels are in line with the matching VELCRO® brand fasteners sewn on the front of the vest; confirm that both shoulder straps are evenly matched. Detach all VELCRO® brand fasteners on the sides of the vest and put the vest over your head so it hangs from the shoulders. The collar of the front panel should be one inch below the notch at the top of the sternum (breast bone), called the jugular notch. If the vest needs to be raised or lowered, loosen and adjust one shoulder strap at a time until the vest hangs at the proper location and the VELCRO® brand fasteners are even on both sides. If the panels need adjustment it is generally easier to adjust one strap at a time until the vest fits comfortably.

Once the wearer is comfortable with the fit of the vest at the chest and shoulders, the side straps can be secured. While standing, ensure the front and rear panels are centered on the body. Beginning with one side of the vest, pull the straps that are attached to the rear of the carrier forward while holding the front panel against the body so that the front panel remains centered. Pull the elastic strap around the front of the vest until the front and rear panels touch at the sides and attach the VELCRO® brand fastener to the front of the carrier. Do the same for the other side of the vest, ensuring there is no gap in coverage on the sides; if a vest is ordered with an overlap, the front panel should overlap the rear panel by that distance. The vest should fit snug but not be too tight to prohibit breathing or movement. Shirt tails tuck into the officer's pants to help keep the vest in position.