HARD ARMOR FITTING GUIDE

Caliber Armor hard body armor plates come in a number of sizes, weights and thicknesses. All of our hard body armor plates are tooled with our CNC technology for your comfort. Torso plates provide front and back chest protection. Side plates are also available for additional protection.

The primary organ to be protected is the heart. Since the heart is located with its apex near the left center of the chest, you need to choose a ballistic insert wide enough to ensure complete coverage of this area for optimum protection.

“It is absolutely essential that those who select body armor and each officer who wears it realize that there is no such thing as a bulletproof vest. The routine use of appropriate soft body armor significantly reduces the likelihood of fatal injury, but 100% protection in all circumstances is impossible. Body armor selection is to some extent a trade-off between ballistic protection and wearability. The weight and comfort of body armor is inversely proportional to the level of ballistic protection that it provides.”
-- National Institute of Justice.

Diagram illustrates position of Caliber Armor, shooters cut plate. Properly positioned ballistic inserts protect the heart and other vital organs and vessels.
Torso Plate Sizing Chart

Step 1: Determine your chest measurement and length of the plate that suits you best.

**Chest Measurement:** Measure under arms around fullest part of chest. Be sure to keep measuring tape level across back and comfortably loose.

**Length of Plate:** Determine the plate length that is optimum for you and your body type. When standing, the top plate edge should rest at the level of the jugular notch (the soft spot right above the sternum). Bottom of the plate edge should extend to approximately 4.5 inches above your service belt insuring protection of vital organs and vessels. The plate should fit comfortably when standing or sitting.

<table>
<thead>
<tr>
<th>Chest Measurement</th>
<th>Plate Size</th>
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<tbody>
<tr>
<td>32-39”</td>
<td>S Shooter Cut (8 x 10”)</td>
</tr>
<tr>
<td>40-47”</td>
<td>L Shooter Cut (10 x 12”)</td>
</tr>
<tr>
<td>48+”</td>
<td>XL Shooters Cut (11 x 14”)</td>
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(This information is for general guidance only and is subject to user preference or experience)

Once the proper plate size is determined, it is important that the plates be worn in the correct position on the body to allow maximum protection with minimal discomfort.

When in a standing position, the top edge of the plate should rest at the level of the jugular notch (the soft spot right above the sternum). When your finger presses in that spot, the top edge of the plate should touch the bottom of your fingertip. (see diagram on previous page)

The bottom of the plate will rest on the wearer depending on your physical height. To ensure protection of vital organs and vessels, the bottom edge of the front plate should extend to the bottom of the rib cage, or approximately 4.5 inches from the top of the service belt when standing. For comfort when seated, the space between the bottom plate edge and the service belt closes naturally preventing the insert from riding up into the neck area.

A properly fitted torso plate should not interfere with the comfortable movement of the arms and shoulders. A plate that is too large may impede mobility and result in difficulty holding, aiming or discharging a weapon.

**Positioning Back Plate**
As a general rule, the top edge of the back plate should align with the top edge of the front plate when viewed from the side. The bottom edge of the back plate should be about .75 inches above the service belt. This space prevents the insert from pushing upwards into the neck area when standing.

**Side Plates**
Side plates are available in two sizes, 6 x 6” and 6 x 8” for added protection. The side plates protect the vulnerable areas of the abdomen from side shots. If worn high enough in the tactical vest they can also provide side protection for the heart.