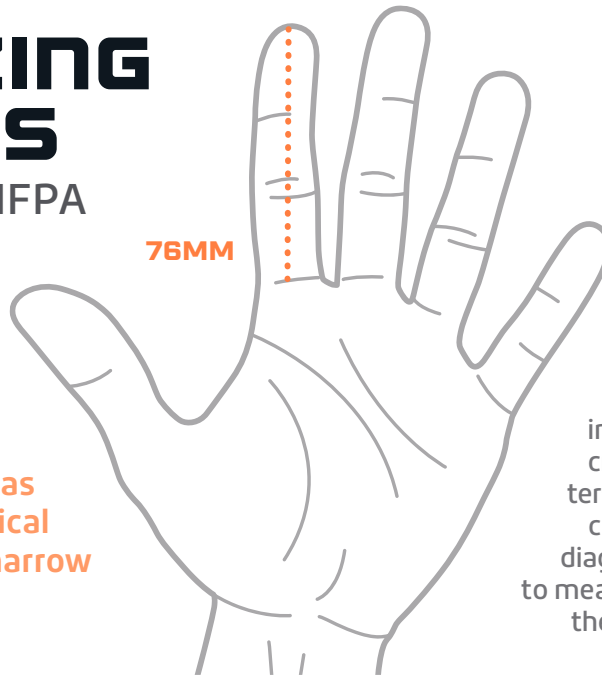


GLOVE SIZING GUIDELINES

Using The New 2025 NFPA Sizing Convention

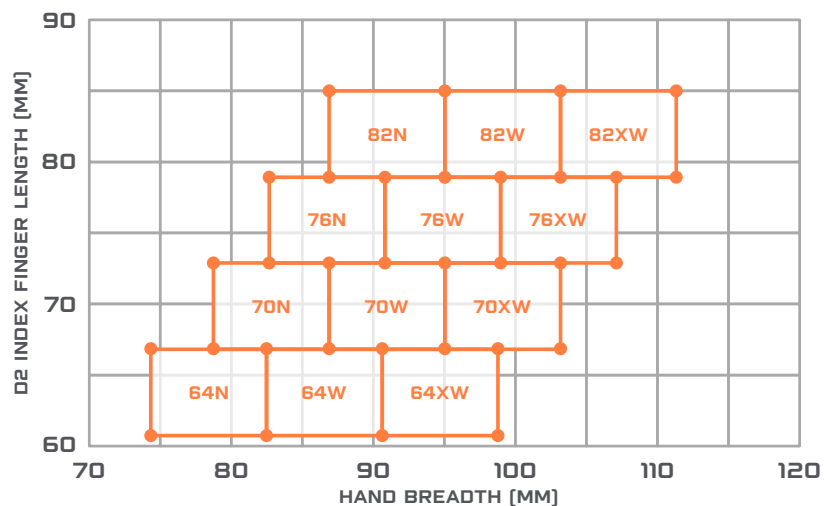


The new NFPA 1970 Standard on Protective Ensembles for Structural Firefighting and Proximity Firefighting, 2025 has introduced mandatory numerical sizing (64-82) in two widths, narrow (N) and wide (W).



To determine the best size and fit, measure your index finger from the palm crease to the tip in millimeters and this will give you the closest numerical size. The diagram below shows where to measure and in this example, the glove size would be a 76.

Now measure across the top of your knuckles as shown and find the corresponding size/width based on the chart on the right.



For U.S. units, 1 mm = 0.394 in.

The above charts and diagrams can be found in the NFPA 1970:2025 Standard.

The 7 sizes listed in the table on the right are required by the NFPA and are loosely equivalent to the alpha sizes for previous Lakeland models listed below them. Please keep in mind that the sizes are different and the best way to determine your new size is to follow the instructions above.

64N	70N	70W	76N	76W	82N	82W
XS	S	M	M/L	L/XL	XL	XXL

Contact us at info@lakeland.com or your local distributor for more information or questions.