

PROSPECTUS SUPPLEMENT  
(To Prospectus dated September 8, 1995)

5,043,832 Shares  
First Industrial Realty Trust, Inc.  
Common Stock

This Prospectus Supplement supplements information contained in the section captioned "Selling Stockholders" of that certain Prospectus dated September 8, 1995 (the "Prospectus") relating to the potential sale from time to time of up to 5,043,832 shares of common stock of First Industrial Realty Trust, Inc. (the "Company") by the holders thereof. This Prospectus Supplement is not complete without, and may not be delivered or utilized except in connection with, the Prospectus. Capitalized terms used herein but not defined have the meanings assigned to such terms in the Prospectus.

A number of the Original Shares have been transferred by certain of the Selling Stockholders to the persons listed in the table below (the "Transferees"). The Transferees may sell such shares pursuant to the Registration Rights Agreement from time to time pursuant to the Prospectus and the Transferees who were not previously identified as Selling Stockholders in the Prospectus are hereby added to the Prospectus as additional Selling Stockholders. The information set forth in the table below is given as of July 22, 1996.

Name - - - - -	Number of Shares Offered Hereby -----
Consortium for Global Development	75
Michael J. Havala as Custodian for Sarah Joelle Havala under the Connecticut Uniform Trans- fers to Minors Act (1)	417

-2-

Name - - - - -	Number of Shares Offered Hereby -----
Michael J. Havala as Custodian for Anna Elizabeth Havala under the Connecticut Uniform Trans- fers to Minors Act (1)	417
International Development Exchange	125
LBCW Limited Partnership	28,704(2)
LGR Investment Fund (3)	42,709
U.C. Berkeley Foundation	150
Johannson Yap as Custodian for Julienne Bernice Yap under the Illinois Uniform Transfer to Minors Act (4)	470
Johannson Yap as Custodian for Justin James Yap under the Illinois Uniform Transfer to Minors Act (4)	470

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- (1) Mr. Havala is Chief Financial Officer, Treasurer and Secretary of the Company.
  - (2) Does not include 40,321 Original Shares with respect to which LBCW Limited Partnership is identified in the Prospectus as a Selling Stockholder. Accordingly, LBCW

Limited Partnership holds a total of 69,025 Original Shares which may be sold pursuant to the Prospectus and this Prospectus Supplement.

- (3) In addition to the 42,709 Original Shares offered hereby LGR Investment Fund also holds 22,556 Units.
- (4) Mr. Yap is Senior Vice President, Acquisitions of the Company.

Except as set forth above, the Transferees, in the capacities set forth above under "Name", do not own (1) any shares of Common Stock of the Company other than the Original Shares set forth opposite their names in the table above or (2) any Units, in each case as of July 22, 1996.

The date of this Prospectus Supplement is August 14, 1996.