

FULL-BODY HARNESS FITTING



1

Pull leg straps between legs and connect to opposite ends. For a belted harness, connect waist strap after leg straps.

Use two buckles at base of shoulder straps to adjust shoulder straps. Position extra seat strap below seat of pants.

2

Fasten chest strap across chest. Chest strap should be comfortably snug.

Chest strap should NOT be close to user's neck, as strap may contact neck if back D-ring slides up during fall arrest. The chest strap should sit right where your rib cage splits.

3

After all straps are buckled, tighten all buckles so that harness fits snug and allows full range of movement.

Secure excess strap in strap keepers.

HARNESS SIZING CHART

	XS	S	M	L	XL	2X	3X											
6'10" (2.08)							3X											
6'8" (2.03)						2X												
6'6" (1.98)					XL													
6'4" (1.93)				L														
6'2" (1.88)			M															
6' (1.83)		S																
5'10" (1.78)																		
5'8" (1.68)	XS																	
5'6" (1.68)																		
5'4" (1.63)																		
5'2" (1.55)																		
5' (1.52)																		
4'10" (1.47)																		
	80 (36)	100 (45)	120 (54)	140 (63)	160 (73)	180 (82)	200 (91)	220 (100)	240 (109)	260 (118)	280 (127)	300 (136)	320 (145)	340 (154)	360 (163)	380 (172)	400 (181)	420 (190)
	WEIGHT - LBS. (KG)																	

BELT SIZING

SIZE	MEASUREMENT
XS	24" - 33"
S	26" - 32"
M	32" - 36"
L	36" - 40"
XL	40" - 46"
2X	46" - 52"
3X	52" - ABOVE