

GUIDES & SYMBOLS

HOW TO MEASURE FOR A FULL BODY HARNESS

(Measurements are over clothing)

Sizing Chart for Full Body Harnesses with Integral Waistbelt

Proper fit is critical for personal safety & working comfort. The chart below specifies how to measure your body for the correct fit of Fall Protection Equipment.

SIZE	WAIST MEASUREMENT INCHES	WAIST MEASUREMENT CENTIMETERS
S	32-40	80-100
M	36-44	90-110
L	40-48	100-120
XL	44-52	110-130
2XL	48-56	120-140
3XL	52-60	130-150

USA INDUSTRY SYMBOLS



Fall Arrest



Positioning



Suspension



Fall Prevention

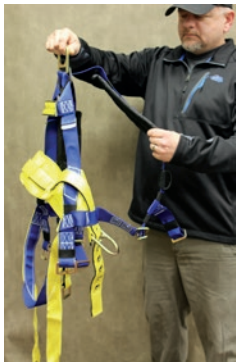


Retrieval



Ladder Climbing

HOW TO DON A HARNESS



1. Pick the harness up by the dorsal D-ring. Give the harness a gentle shake to help orient all of the straps and connection points. Check to ensure the harness is not tangled before moving on to step two.

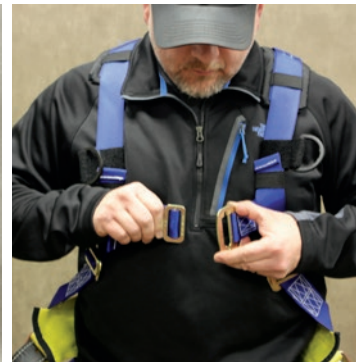


2. Ensure that all connections are unfastened and put the harness on like you would a jacket. The dorsal D-ring should be between your shoulder blades.

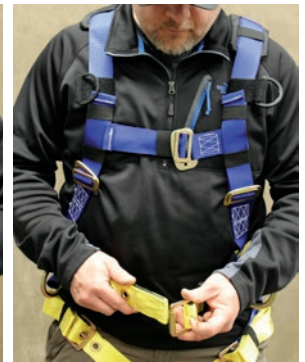


3. Reach between your legs grabbing one leg strap and pull it back through your legs and connect. Repeat this process with the other leg strap. Check to ensure that your leg straps are not twisted, crossed or tangled.

When your leg straps are properly adjusted, you should be able to put two to three fingers between your body and straps.



4. Connect your chest strap. The chest strap should be across your chest even with the nipple line or approximately six inches below your shoulders. If your harness is equipped with torso adjusters, now is the time to adjust them for improved comfort and mobility. The harness should fit snugly, but not tight.



5. If your harness has a belt connection, connect it now. Once you have made all the connections and adjusted your harness for proper fit, you are good to go. It may be necessary to readjust your harness throughout the day.