



Size	0 (RED)	1 (GREEN)	2 (BLUE)
HEIGHT	42 - 54" 107 - 137cm	51 - 73" 130 - 185cm	69 - 81" 175 - 205cm
A Chest	20 - 28" 51 - 71cm	26 - 42" 68 - 106cm	38 - 58" 89 - 147cm
B Waist	18 - 25" 46 - 64cm	23 - 37" 58 - 93cm	34 - 55" 86 - 140cm
C Hips	20 - 29" 51 - 74cm	27 - 42" 69 - 107cm	40 - 60" 101 - 152cm

RECOMMENDED USER WEIGHTS

Our safety harnesses are crucial when working at height. It is important to understand that each fall arrest product you use in conjunction with our harnesses, such as lanyards and blocks have different maximum user weights between 100kg and 140kg.

The below is a guide to help you understand the differences and should give clarity that the harness does not determine the user weight.

	Fall Arrest Lanyards	Big Guy Fall Arrest Lanyards	Fall Arrest Blocks	Defender Fall Arrest Blocks
Max. User Weight	100kg	140kg	140kg	140kg

