



Size	Small	Standard	Large
A Chest	26 - 42 66 - 106cm	36 - 50" 92 - 127cm	46 - 58" 117 - 147cm
B Waist	27 - 34" 68 - 86	33 - 39" 66 - 101cm	40 - 49" 101 - 124cm
C Hips	28 - 38" 71 - 96cm	38 - 52" 96 - 132cm	48 - 60" 122 - 152cm
D Leg	16 - 22" 40 - 55cm	19 - 25" 45 - 63cm	24 - 36" 60 - 91cm

*For recommended user weights please see overleaf.*

## 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 1.5-1.8m	Fall Arrest Lanyards 1-1.4m	Fall Arrest Blocks	Defender Fall Arrest Blocks
Max. User Weight	100kg	140kg	140kg	140kg

