



Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 107cm	42 - 50" 107 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 36" 76 - 91cm	36 - 44" 91 - 112cm	44 - 48" 112 - 122cm	48 - 52" 122 - 132cm
C Hips	38 - 44" 97 - 112cm	44 - 52" 112 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm

*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

