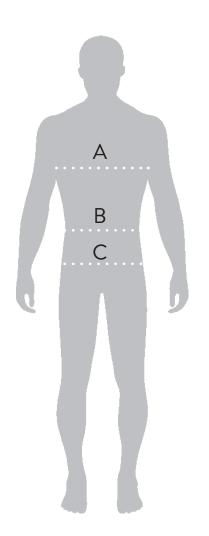


## HARNESS SIZE GUIDE RGH1, RGH2, RGH5



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



