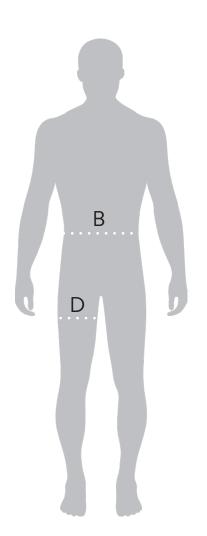


HARNESS SIZE GUIDE RGH7



Size	Small	Standard	Large
B	26 - 32"	30 - 41"	35 - 49"
Waist	66 - 81cm	76 - 104cm	90 - 125cm
D	19 - 23"	20 - 27"	25 - 33"
Legs	48 - 58cm	50 - 68cm	65 - 83cm
Height	59 - 67"	62 - 74"	70 - 80"
	150 - 170cm	157 - 187cm	177 - 203cm

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

