



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

