

HARNESSES FITTING INSTRUCTIONS

A harness that is too loose may not protect you in a fall and can present a choking hazard. A harness that is too tight is uncomfortable and can cause injury such as muscle strains or a pinched nerve. Not only does the harness need proper sizing for your body, it requires proper adjustment on your body. Follow the steps below with a correctly sized harness to ensure the correct fit.

1

STEP 1

- Pull leg straps between legs and connect to opposite ends. For a belted harness, connect waist strap after leg straps.
- Use two buckles at base of shoulder straps to adjust shoulder straps. Position extra seat strap below seat of pants.

2

STEP 2

- Fasten chest strap across chest. Chest strap should be comfortably snug.
- Chest strap should **NOT** be close to user's neck, as strap may contact neck if back D-ring slides up during fall arrest.

3

STEP 3

- After all straps are buckled, tighten all buckles so that harness fits snug and allows full range of movement.
- Pass excess strap through strap keepers.

SAFEWAZE PRODUCT SIZING

Use our sizing guide to find the right size and style of fall protection harness. Proper harness fit is critical for job safety and in the event of a fall.

	XS	S	M	L	XL	2X	3X											
HEIGHT - FT./IN. (M)	6'10" (2.08)						3X											
	6'8" (2.03)					2X												
	6'6" (1.98)				XL													
	6'4" (1.93)			L														
	6'2" (1.88)		M															
	6' (1.83)		S															
	5'10" (1.78)																	
	5'8" (1.68)	XS																
	5'6" (1.68)																	
	5'4" (1.63)																	
	5'2" (1.85)																	
	5' (1.52)																	
	4'10" (1.47)																	
	80 (36)	100 (45)	120 (54)	140 (63)	160 (73)	180 (82)	200 (91)	220 (100)	240 (109)	260 (118)	280 (127)	300 (136)	320 (145)	340 (154)	360 (163)	380 (172)	400 (181)	420 (190)
WEIGHT - LBS. (KG)																		

BELT SIZING

Size	Measurement	Size	Measurement
XS	24" - 33"	XL	40" - 46"
S	26" - 32"	2X	46" - 52"
M	32" - 36"	3X	52" above
L	36" - 40"		