

RECOMMENDED USER WEIGHTS

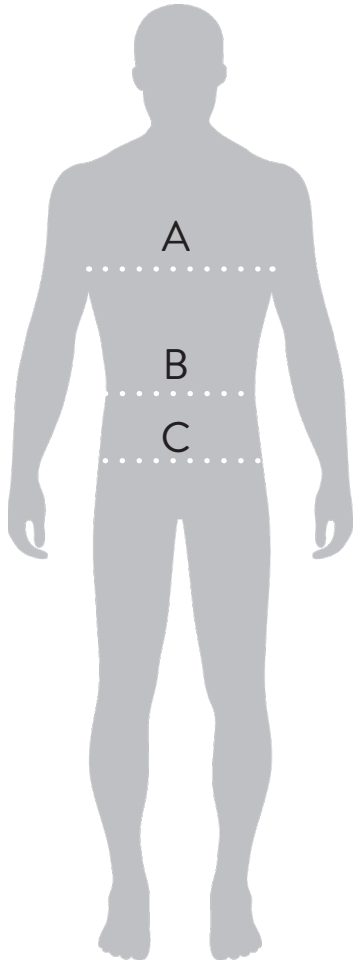
Our safety harnesses are crucial when working at height. It is important to understand that each fall arrest product you use in conjunction with our harnesses, such as lanyards and blocks have different maximum user weights between 100kg and 140kg.

The below is a guide to help you understand the differences and should give clarity that the harness does not determine the user weight.

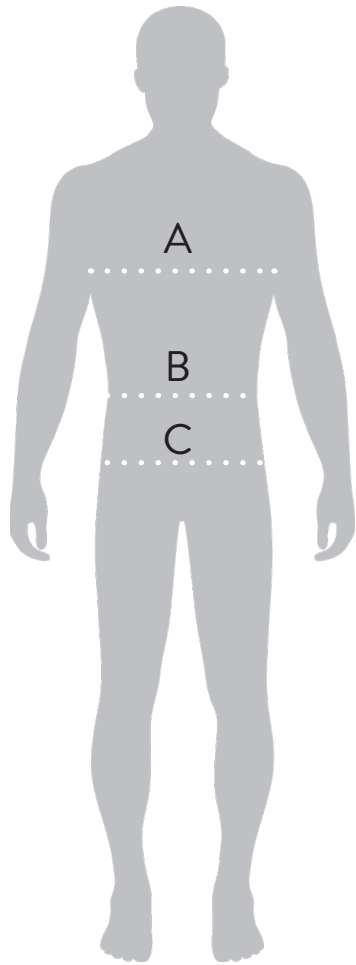
	Fall Arrest Lanyards	Big Guy Fall Arrest Lanyards	Fall Arrest Blocks	Defender Fall Arrest Blocks
Max. User Weight	100kg	140kg	140kg	140kg

For harness sizes please refer to the relevant harness size guide below.

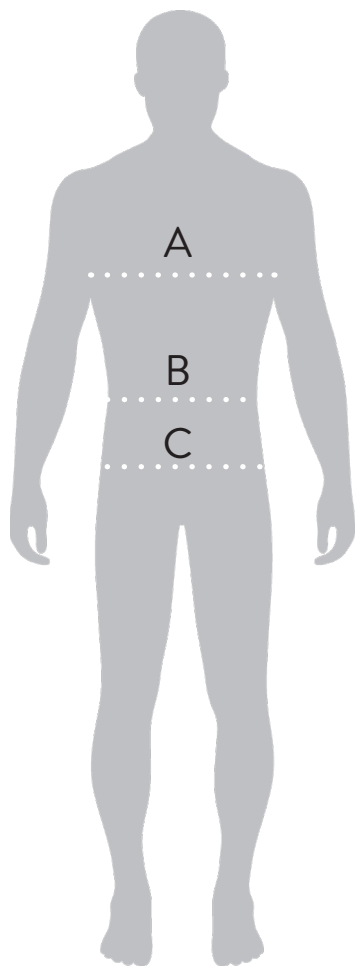




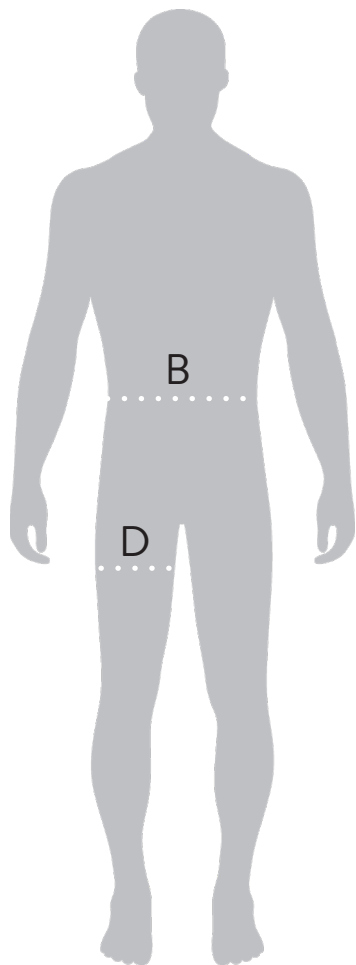
Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 107cm	42 - 50" 107 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 36" 76 - 91cm	36 - 44" 91 - 112cm	44 - 48" 112 - 122cm	48 - 52" 122 - 132cm
C Hips	38 - 44" 97 - 112cm	44 - 52" 112 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm



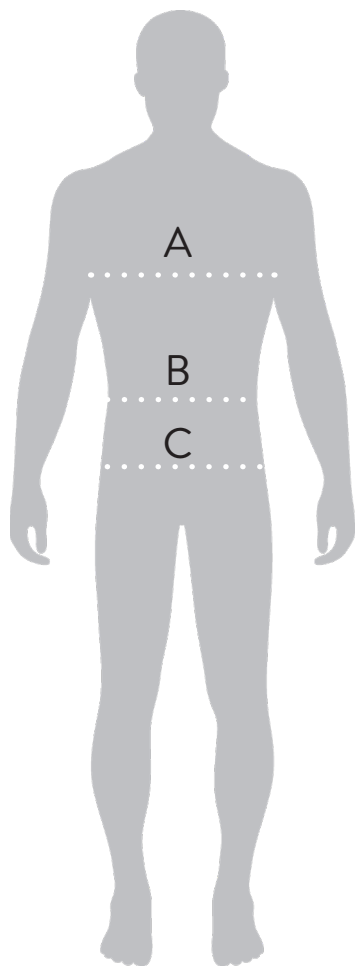
Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 107cm	42 - 50" 107 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 44" 76 - 111cm	30 - 44" 76 - 111cm	38 - 52" 96 - 132cm	38 - 52" 96 - 132cm
C Hips	38 - 44" 96 - 112cm	44 - 52" 112 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm



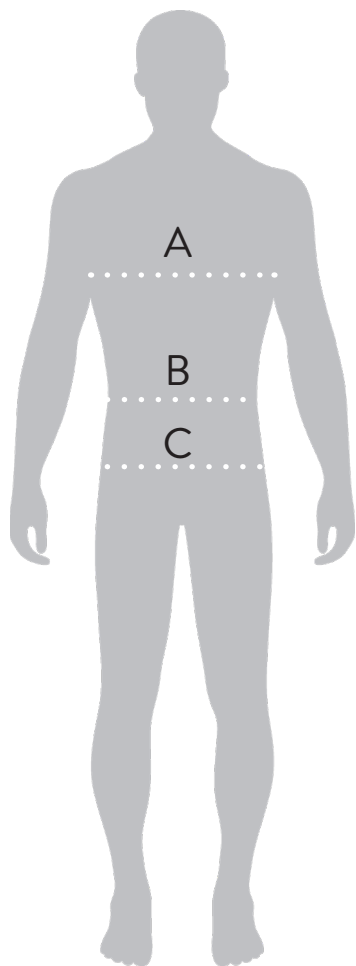
Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 107cm	42 - 50" 107 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 36" 76 - 92cm	34 - 40" 86 - 102cm	38 - 46" 96 - 117cm	42 - 52" 106 - 132cm
C Hips	38 - 44" 96 - 112cm	44 - 52" 112 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm



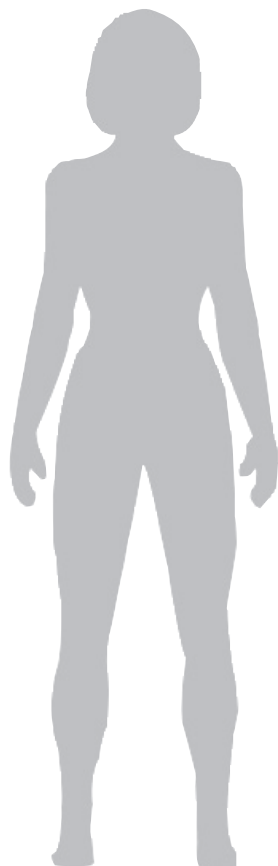
Size	Small	Standard
B Waist	16 - 39" 40 - 100cm	16 - 49" 40 - 125cm
D Leg	10 - 27" 25 - 69cm	10 - 33" 25 - 84cm



Size	Extra Small	Small	Standard
HEIGHT	42 - 54" 107 - 137cm	50 - 67" 127 - 170cm	62 - 76" 157 - 193cm
A Chest	20 - 28" 51 - 71cm	25 - 36" 64 - 91cm	31 - 53" 79 - 135cm
B Waist	18 - 25" 46 - 64cm	23 - 30" 58 - 76cm	25 - 46" 64 - 117cm
C Hips	20 - 29" 51 - 74cm	27 - 37" 69 - 94cm	33 - 54" 84 - 137cm



Size	Standard	Large
A Chest	36 - 50" 91 - 127cm	46 - 58" 117 - 147cm
B Waist	30 - 44" 76 - 111cm	40 - 52" 102 - 132cm
C Hips	38 - 52" 96 - 132cm	48 - 60" 122 - 152cm



Size	Small	Standard	Large
	8 - 10	12 - 14	16 +