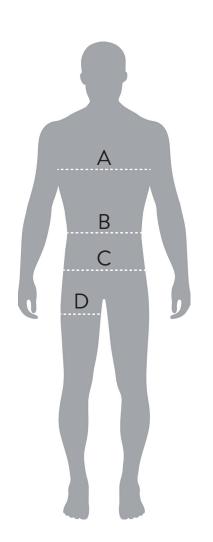


HARNESS SIZE GUIDE RGH3



Size	Small	Standard	Large
A	26 - 42	36 - 50"	46 - 58"
Chest	66 - 106cm	92 - 127cm	117 - 147cm
B	27 - 34"	33 - 39"	40 - 49"
Waist	68 - 86	66 - 101cm	101 - 124cm
C	28 - 38"	38 - 52"	48 - 60"
Hips	71 - 96cm	96 - 132cm	122 - 152cm
D	16 - 22"	19 - 25"	24 - 36"
Leg	40 - 55cm	45 - 63cm	60 - 91cm

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