

Measuring for a harness (measure over clothing)

The fitting of fall protection equipment is important for both personal safety and for working comfort. The table below specifies how to measure yourself to correctly fit a heightec harness.

Code	Description	Measurements (cm)		
		*Thigh (B)	Waist	Torso (A)
H	Harnesses	<i>thigh</i>	<i>waist</i>	<i>torso</i>
H00	Cirrus restraint belt	-	80-120	-
H00L	Cirrus restraint belt, L	-	95-145	-
H11	Phoenix rescue harness	65-110	-	95-130
H11L	Phoenix rescue harness, L	65-145		95-165
H11Q	Phoenix rescue harness QC	65-110	-	95-130
H20	Axon specialist access harness	60-80	70-140	95-120
H20L	Axon specialist access harness, L	60-100	80-165	100-135
H20Q	Axon specialist access harness QC	60-80	70-140	95-120
H20QL	Axon specialist access harness QC, L	60-100	80-165	100-135
H21	Matrix specialist access harness	60-80	70-140	95-120
H21L	Matrix specialist access harness, L	60-100	80-165	100-135
H21Q	Matrix specialist access harness QC	60-80	70-140	95-120
H21QL	Matrix specialist access harness QC, L	60-100	85-165	100-135
H23	Europa utilities harness	65-95	80-160	95-125
H23L	Europa utilities harness, L	65-120	95-160	115-150
H23Q	Europa Plus utilities harness QC	65-95	80-160	95-125
H23QE	Europa OHL harness QC	80-105	75-160	95-130
H23QEL	Europa OHL harness QC, L	80-115	95-160	105-145
H27	Helium riggers harness	50-105	80-160	95-125
H31	Locus fall arrest 2 point harness	50-105		95-125
H32	Nexus fall arrest 2 point harness	60-100	-	85-128
H32Q	Nexus fall arrest 2 point harness, QC	60-100	-	85-128
H33	Cirrus WTG harness	65-105	-	95-125
H33L	Cirrus WTG Harness, L	65-125	-	95-145
H33Q	Cirrus WTG Harness QC	65-105	-	95-125
H33QL	Cirrus WTG Harness QC, L	65-125	-	95-145
H41	X-IT rescue sling			108-152
H43	Delta casualty harness	-	65-95	-

The torso measurement is taken from the top of the shoulder to the inseam area of the crotch, as indicated in the diagram (A). This measurement should be taken on the front of the body. Please ensure you are standing up straight when taking measurements.

*Thigh measurements (B) on fall arrest harnesses H11, H23, H32 and H33 should be taken round the inseam as a circular/loop measurement.

QC = Quick connect

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