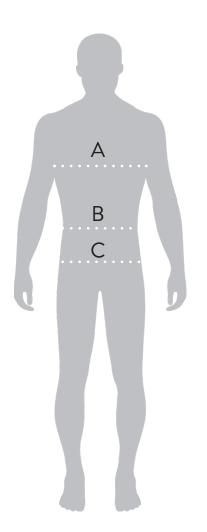


## HARNESS SIZE GUIDE RGH15, RGH16



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

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

