

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.

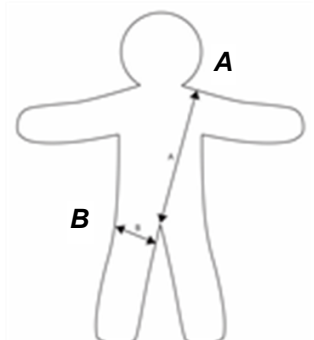
Code	Description	Measurements (cm)		
		*Thigh (B)	Waist	Torso (A)
H00	CIRRUS restraint belt	-	80-120	-
H001Q	APEX - Extol QC, Sync harness ascender combination	60-80	70-140	95-120
H001QL	APEX - Extol QC, Sync harness ascender combination	60-100	80-165	100-135
H002Q	AURA - Corona / Sync / Eclipse combination	60-80	70-140	95-120
H003	HALO - Solar / Sync / Shadow combination	60-80	70-140	95-120
H00L	CIRRUS restraint belt, L	-	95-145	-
H01	SHADOW sit harness	60-80	70-140	
H02Q	ECLIPSE sit harness QC	60-80	70-140	
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
H11QR	PHOENIX rescue harness QC, Red	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
H22Q	EXTOL harness QC	60-80	70-140	95-120
H22QL	EXTOL harness QC, Large	60-100	80-165	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 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
H28	NEON rigging harness	65-95	75-160	95-125
H28L	NEON rigging harness, L	65-120	95-160	115-150
H28Q	NEON rigging harness, QC	65-95	75-160	95-125
H28QL	NEON rigging harness QC, L	65-120	95-160	115-150
H31	LOCUS fall arrest 2 point harness	50-105		95-125

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

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

Q = Quick connect

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Code	Description	Measurements (cm)		
		*Thigh (B)	Waist	Torso (A)
H32	NEXUS fall arrest harness	60-100	-	85-128
H32Q	NEXUS fall arrest harness, QC	60-100	-	85-128
H32QJ	NEXUS fall arrest harness with jacket, 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
H34Q	VORTEX WTG harness QC	65-105	80-120	95-125
H34QL	VORTEX WTG harness QC, Large	65-120	95-160	115-150
H41	X-IT rescue sling	Universal	Universal	108-152
H43	DELTA casualty harness	-	65-95	-
H52	CORONA padded chest harness			
H53	SOLAR chest harness			

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

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