

## 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)
H001Q	APEX - Extol ra harness QC, Sync ascender combi	60-80	70-140	95-120
H001QL	APEX - Extol ra harness QC, Large, Sync ascender combi	60-100	80-165	100-135
H002Q	AURA - Eclipse ra harness QC, Corona chest, Sync ascender	60-80	70-140	95-120
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
H21	MATRIX specialist access/rigging harness	60-80	70-140	95-120
H21L	MATRIX specialist access/rigging harness, Large	60-100	80-165	100-135
H21Q	MATRIX specialist access/rigging harness, QC	60-80	70-140	95-120
H21QL	MATRIX specialist access/rigging harness, QC Large	60-100	85-165	100-135
H22Q	EXTOL rope access harness, QC	60-80	70-140	95-120
H22QL	EXTOL rope access harness, QC Large	60-100	80-165	100-135
H28	NEON rigging harness	65-95	75-160	95-125
H28L	NEON rigging harness, Large	65-120	95-160	115-150
H28Q	NEON Rigging harness, QC	65-95	75-160	95-125
H28QE	NEON Rigging harness, extension strap, QC	65-95	75-160	95-125
H28QEL	NEON Rigging harness, extension strap, QC Large	65-95	95-160	115-150
H28QL	NEON Rigging harness, QC Large	65-120	95-160	115-150
H32	NEXUS fall arrest 2 point harness	60-100	-	85-128
H32Q	NEXUS fall arrest 2 point harness, QC	60-100	-	85-128
H32QJ	NEXUS fall arrest 2 point harness with jacket, QC	60-100	-	85-128
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	-

(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, H21, H22Q, H28, H32 and H34Q should be taken round the inseam in a circular/loop measurement.

Q = Quick connect

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