

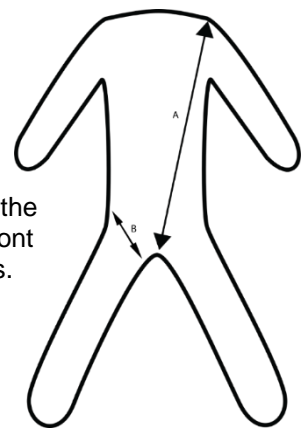
How to measure a harness (measurements over clothing)

Proper fitting fall protection equipment is critical for personal safety & working comfort. The table below specifies how to measure your body for the correct fit of a heightec full body harness.

| Code | Description | Measurements (cm) | | |
|---------|---|-------------------|--------|-----------|
| | | Thigh* | Waist | Torso (A) |
| H23 | Europa Utilities Full Body Harness | 65-95 | 80-125 | 95-125 |
| H23L | Europa Harness XL | 65-120 | 95-150 | 115-150 |
| H23OHL | Europa OHL Harness | 80-105 | 75-125 | 95-130 |
| H23OHLL | Europa OHL Harness Large | 80-115 | 95-145 | 105-145 |
| H23OHLS | Europa OHL Harness Small | 63-90 | 70-105 | 95-115 |
| H23Q | Europa Harness Q/C legs | 65-95 | 80-125 | 95-125 |
| H21D | Matrix Harness | 60-80 | 70-140 | 95-120 |
| H21DL | Matrix Full Body Harness - Large | 60-100 | 80-165 | 100-135 |
| H21DS | Matrix Full Body Harness - Small | 55-75 | 70-140 | 95-110 |
| H21DQ | Matrix harness Q/C legs | 60-80 | 70-140 | 95-120 |
| H21DQL | Matrix harness Q/C legs - Large | 60-100 | 85-165 | 100-135 |
| H21R | Axon Harness | 60-80 | 70-140 | 95-120 |
| H21RL | Axon Harness - Large | 60-100 | 80-165 | 100-135 |
| H21RQ | Axon Harness QC Legs | 60-80 | 70-140 | 95-120 |
| H21RQL | Axon Harness QC Legs - Large | 60-100 | 85-165 | 100-135 |
| H33 | Cirrus WTG Harness | 65-105 | - | 95-125 |
| H33L | Cirrus WTG Harness Large | 65-125 | - | 95-145 |
| H00 | Restraint Belt | - | 80-120 | - |
| H00L | Restraint Belt Large | - | 95-145 | - |
| H32 | Nexus Fall arrest harness-2 point | 60-100 | - | 85-128 |
| H32LJ | Nexus Offshore - Integrated SOLAS lifejacket harness | 60-100 | - | 90-120 |
| H32QLJ | Nexus Offshore - Integrated SOLAS lifejacket harness Q/C legs | 60-100 | - | 85-128 |
| H11 | Phoenix Full Body Harness | 65-110 | - | 95-130 |
| H11L | Phoenix harness - Large | 65-145 | - | 95-165 |
| H34 | Cerberus confined space harness | 66-19 | - | 85-120 |

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 on fall arrest harnesses H23, H33, H34, H32 and H11 Should be taken round inseam (B) this measurement should be taken as a loop.



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