

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.

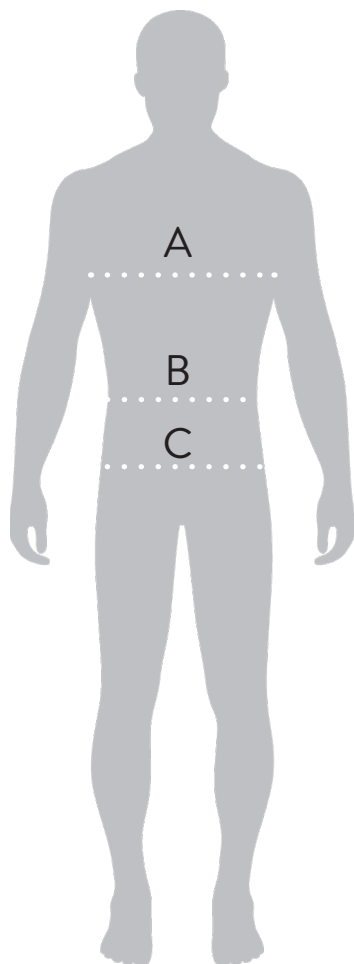
The below is a guide to help you understand the differences and should give clarity that the harness does not determine the user weight.

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

For harness sizes please refer to the relevant harness size guide below.



HARNESS SIZE GUIDE RGH4, RGH6



Standard and Large merged into Large

Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 107cm	42 - 50" 107 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 44" 76 - 111cm	30 - 44" 76 - 111cm	38 - 52" 96 - 132cm	38 - 52" 96 - 132cm
C Hips	38 - 44" 96 - 112cm	44 - 52" 112 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm