



## Find Your Perfect Fit: Harness Sizing

A properly fitting harness is essential for safety, as it ensures that force is distributed correctly in a fall and helps prevent injury or discomfort caused by a poor fit.

### STANDARD HARNESSES

SIZE	CHEST	WAIST	CONNECTOR	THIGH
X-Small	32" - 49"	30" - 39"	TB	16" - 28"
			MB / QC	14" - 30"
Small	38" - 51"	34" - 43"	TB	18" - 30"
			MB / QC	16" - 32"
Medium	40" - 53"	38" - 47"	TB	20" - 32"
			MB / QC	18" - 34"
Large	42" - 55"	42" - 51"	TB	22" - 34"
			MB / QC	20" - 36"
X-Large	46" - 57"	46" - 55"	TB	24" - 36"
			MB / QC	22" - 38"
2X-Large	48" - 60"	50" - 59"	TB	26" - 38"
			MB / QC	24" - 40"
3X-Large	51" - 62"	54" - 63"	TB	28" - 40"
			MB / QC	26" - 42"
4X-Large	50" - 64"	58" - 67"	TB	30" - 42"
			MB / QC	28" - 44"

### UNIVERSAL HARNESS

Universal	47" - 60"	n/a	TB	19" - 31"
			MB / QC	17" - 33"

### DUAL-SIZE HARNESS

S/M	43" - 53"	34" - 47"	TB	18" - 30"
			MB / QC	16" - 32"
L/XL	45" - 58"	42" - 55"	TB	22" - 34"
			MB / QC	20" - 36"
XL/2X	49" - 68"	46" - 59"	TB	24" - 36"
			MB / QC	22" - 38"
2X/3X	51" - 63"	50" - 66"	TB	26" - 38"
			MB / QC	24" - 40"
3X/4X	52" - 64"	54" - 70"	TB	28" - 40"
			MB / QC	26" - 42"

TB= Tongue Buckle MB= Mating Buckle QC= Quick Connect Buckle

**CHEST**

Wrap the tape measure around the widest part of your chest, under your arms, and keep it level and snug.

**WAIST**

Wrap the tape around your natural waistline, just above your hips, keeping it snug and level.

**THIGH**

Wrap a tape measure around the thickest part of your upper thigh, keeping it snug but not tight.

