



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.

