



ExoFit™ STRATA™
Full-Body Harness

If your safety harness
is weighing you down,

Lighten up



3M Science. Applied to Life.™



A full-body harness that lightens the load.

For decades, safety harness designers have prioritized one thing above all else: Protecting you during a fall. This focus has led us to innovate powerful technology to get at-height workers home safely, day-in and day-out.

Better safety is always good, but more technology can mean less mobility and comfort—and added weight on your shoulders. The result may leave you feeling sore, fatigued and less productive by the end of the workday.

It's time somebody saw this from *your* point of view.

Introducing the 3M™ DBI-SALA® ExoFit™ STRATA™ Full-Body Harness.

The most comfortable, lightest-wearing, truly innovative safety harness we've ever created.

Seeing things from your perspective.

To develop a superior safety harness, first you have to get your hands dirty. That's why we spent thousands of hours researching, collaborating with specialists and, most importantly, talking to actual at-height workers in the field. The result was the 3M™ DBI-SALA® ExoFit™ STRATA™ Full-Body Harness: The perfect combination of advanced safety features and an incredibly lightweight feel.

Tested in the lab. Proven in the field.

After receiving positive feedback from users on the job, it was time to test the ExoFit STRATA against the competition. We partnered with researchers from the Sweere Center for Clinical Biomechanics and Applied Ergonomics at Northwestern Health Sciences University, and pitted the ExoFit STRATA against the Miller® AirCore™ and FallTech® FlowTech® safety harnesses. The results speak for themselves.



ExoFit STRATA with LIFTech™ delivers:

85% Less shoulder weight while standing compared to Miller® AirCore™ harness

66% Less shoulder weight while standing compared to FallTech® FlowTech® harness

+ Virtually no impact on range of motion or body temperature

➔ Total comfort & productivity, all day long.

The LIFTech Load Distribution System redistributes the weight from pressure points on your shoulders and spreads it out to the base of your hips, helping reduce soreness and fatigue. It's available on all belted models of the ExoFit STRATA.

1 PolarMesh™ Padding
Keeps your back cool

Allows greater airflow to your back, providing superior breathability to keep you cool.

2 Revolver™ Vertical Torso Adjuster
Maintains a perfect fit

Easily stores excess webbing, locking it in place and out of your way while maintaining the perfect fit.

3 Tri-Lock Revolver™ Connectors
Locks down loose ends

Stores additional excess webbing and provides an extra layer of security around your legs.



4 Tech-Lite™ Aluminum Side & Dorsal D-Rings
Secures your safety

Maximize reliability without adding extra weight.

5 EZ-Link™ Quick SRL Adapter
Connects you quickly

Simplifies connecting and disconnecting your personal self-retracting line.

6 LIFTech™ Load Distribution System
Frees your shoulders

Featured on models with belts, it redistributes the weight of your gear from pressure points on your shoulders and spreads it out to the base of your hips.

3M™ DBI-SALA® ExoFit™ STRATA™ Full-Body Harnesses

**Heavy on features.
Light on your back.**

EZ-Link™ Quick SRL Adapter

No more messing around with the webbing to attach your personal Self-Retracting Lifelines (SRLs). The EZ-Link Quick SRL Adapter lets you quickly attach SRLs to a durable connection point while keeping your dorsal D-ring available. This reduces connection and disconnection time up to 80% compared to competitive harnesses.

LIFTech™ Load Distribution System

All-day comfort and productivity is finally within reach. The revolutionary LIFTech Load Distribution System—available on all belted models of the ExoFit STRATA—features an adjustable “spine” that lifts the weight off of your shoulders and transfers it to the base of your torso. Tests resulted in a reduction of forces on shoulders up to 85% compared to leading competitor harnesses, including the FallTech® FlowTech® and Miller® AirCore™.

Front Snap D-Ring

The front D-ring snaps into a vertical position for use with fall arrest or vertical systems. When not in use, it easily stores flat against the chest strap to keep it stowed and out of the way.

Lanyard Keepers

The highly durable breakaway lanyard keepers automatically reset when hooks are pulled out. They’re conveniently designed to be adjusted to any position or placement along the webbing.

Full-Body Harnesses with LIFTech™



1112538 ExoFit STRATA Construction- Style Harness

Tri-Lock Revolver™ Buckles, back and side D-rings. (XLarge)

1112535 Small

1112536 Medium

1112537 Large



1112550 ExoFit STRATA Construction- Style Harness

Duo-Lok™ Quick-Connect Buckles, back and side D-rings. (XLarge)

1112550 Small

1112551 Medium

1112552 Large



1112543 ExoFit STRATA Construction- Style Harness

Tri-Lock Revolver Buckles, back, front and side D-rings. (XLarge)

1112540 Small

1112541 Medium

1112542 Large



1112580 ExoFit STRATA Tower Climbing Harness

Tri-Lock Revolver Buckles, aluminum front, back and side D-rings, removable seat sling with positioning D-rings. (XLarge)

1112580 Small

1112581 Medium

1112582 Large



1112568 ExoFit STRATA Construction- Style Harness

Tongue buckle leg straps, back and side D-rings. (XLarge)

1112565 Small

1112566 Medium

1112567 Large



1112588 ExoFit STRATA Tower Climbing Harness

Tongue buckle leg straps, aluminum front, back and side D-rings, removable seat sling with positioning D-rings. (XLarge)

1112585 Small

1112586 Medium

1112587 Large



Vest-Style Harnesses without LIFTech™



1112418 ExoFit STRATA Vest-Style Harness

Aluminum back
D-rings, Tri-Lock
Revolver™ Quick-
Connect Buckles,
comfort padding.
(XLarge)

1112475 Small

1112476 Medium

1112477 Large

1112479 2XL



1112483 ExoFit STRATA Vest-Style Positioning Harness

Aluminum back and
side D-rings, Tri-Lock
Revolver Quick-
Connect Buckles,
comfort padding.
(XLarge)

1112480 Small

1112481 Medium

1112482 Large

1112484 2XL



1112533 ExoFit STRATA Vest-Style Climbing Harness

Aluminum back, front
and side D-rings,
tongue buckle leg
straps, Tri-Lock
Revolver chest strap,
comfort padding.
(XLarge)

1112530 Small

1112531 Medium

1112532 Large

1112534 2XL



1112493 ExoFit STRATA Vest-Style Harness

Aluminum back,
front, and side
D-rings, Tri-Lock
Revolver Quick-
Connect Buckles,
comfort padding.
(XLarge)

1112490 Small

1112491 Medium

1112492 Large

1112494 2XL



1112523 ExoFit STRATA Vest-Style Harness

Aluminum back and
side D-rings, tongue
buckle leg straps,
Tri-Lock Revolver
chest strap, comfort
padding. (XLarge)

1112520 Small

1112521 Medium

1112522 Large

1112524 2XL



1112503 ExoFit STRATA Vest-Style Harness

Aluminum back and
side D-rings, Duo-
Lok™ Quick-Connect
Buckles, comfort
padding. (XLarge)

1112500 Small

1112501 Medium

1112502 Large

1112504 2XL



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