



Fall Protection

Core Product Range Catalogue Fall Protection.

www.3M.com/FallProtection

#3MScienceOfSafety

At 3M Fall Protection our mission is to bring every worker at height home safely.

Every day on your job, you climb to new heights with two things in mind: getting your work done well and returning home safely to those you love. Our job? Helping you get there. With our two brands, DBI-SALA® and Protecta®, we offer solutions for all your work at height needs.

ABCs of Fall Protection.

A typical Personal Fall Protection System (PFPS) incorporates key components often described as the ABCs of Fall Protection.

The (A) anchorage/anchorage connector, (B) body support and (C) connecting device - when used together - form a complete system for maximum worker protection. But don't forget the other important components of a comprehensive fall protection programme: (D) descent and rescue, (E) education and (F) fall protection for tools.

A

Anchorage

Anchorage is a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.



B

Body support

Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.



C

Connecting devices

Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.



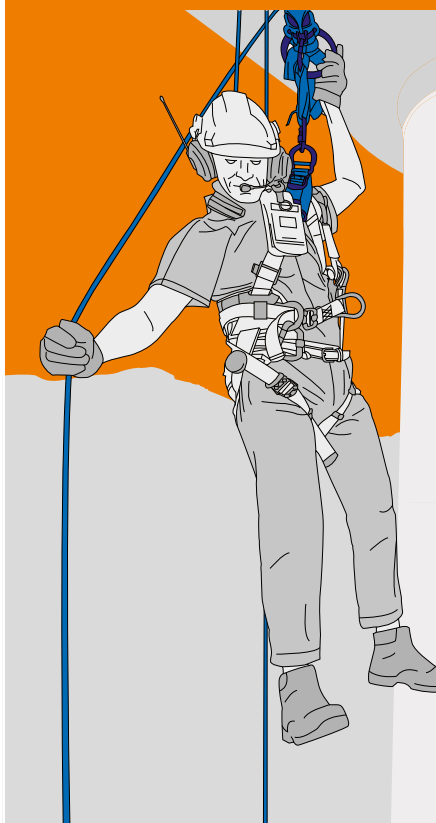
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D

Descent and rescue

Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.



E

Education

We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.



F

Fall protection for tools

Fall protection for tools helps make work environments safer and more productive by reducing dropped object incidents.



*Source: HSE.gov.uk Accident Statistics 2018



Anchorage.



Anchorage are a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.

3M™ Protecta® Polyester Webbing Sling

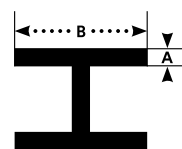
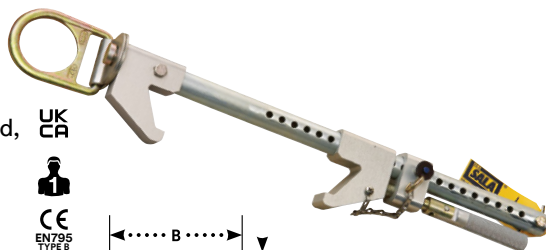
Polyester Webbing anchor straps are built from top quality materials guaranteeing high strength and durability to stand up to the toughest environments.



	←-----→	kg
AM450/60	25 mm x 60 cm	0.06
AM450/80	25 mm x 80 cm	0.07
AM450/100	25 mm x 100 cm	0.12
AM450/120	25 mm x 120 cm	0.15

3M™ DBI-SALA® Fixed Beam Anchor

For complete versatility, anchor can be attached in any orientation and used with a lanyard, self-retracting lifeline, or as end-anchors for a DBI-SALA® horizontal lifeline system.



	A	B	kg
2108412	3.81 cm	6.35 - 30.48 cm	2.40

3M™ DBI-SALA® Sliding Beam Anchor

Secure the anchor to the beam using the redesigned adjustment buttons, simply connect your Self-Retracting Lifeline (SRL) or lanyard to the swivelling D-ring and you're ready to work. The anchor point slides effortlessly behind you. User capacity: 141 kg.



	←-----→	Flange thickness	Description	kg
2104711	9 - 35.5 cm (3.5" - 14")	3.2 cm (1.25")	Sliding Beam Anchor, Small (CE)	1.59
2110815	-	-	Replacement wear pads (Small, Set of 2)	0.03

3M™ DBI-SALA® EZ-Line™ Retractable Horizontal Lifeline System



3M™ DBI SALA® EZ-Line™ is a user friendly and fast to install/remove temporary horizontal lifeline system. EZ-Line's innovative retractable design allows the user to quickly and efficiently set up any length of system in only seconds and dismantle it just as quick. The entire lifeline is retracted into an easy to carry case which eliminates large and bulky coils of cable that are difficult to set up, relocate and store.



	←-----→	kg
7605061	18.25 m	14.96

Carabiners



AJ501



AJ514



AJ593



	Opening	Connector	Material	kg
AJ514	18 mm		(S)	0.80
AJ501	17 mm		(S)	0.70
AJ593	50 mm		(S)	0.71

**B**

Body support.

Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.

Selecting the right harness.



General purpose

- ▶ Construction
- ▶ Scaffolding
- ▶ General industry



Work positioning

- ▶ Telecoms
- ▶ Utilities
- ▶ Oil and gas
- ▶ Renewables / Wind Energy



General purpose harnesses.

Periodic use

Frequent

3M™ PROTECTA® E200 Standard Vest Style Fall Arrest Harness

3M™ Protecta® Harnesses provide reliable protection, comfort and convenience; all at an affordable price. These new harnesses have enhanced features such as auto-resetting lanyard keepers.

- ▶ Pass through or quick connect buckles
- ▶ Rear fall arrest D-ring
- ▶ Models 1161642/43/44 include articulated rings on horizontal leg straps to allow upper and lower body to twist providing greater freedom of movement



UK
CA
EN361

	◀.....▶	Buckle Type	kg
1161609/10/11	S / M-L / XL	PT	1.16
1161615/16/17	S / M-L / XL	QC	1.42
1161642/43/44	S / M-L / XL	QC	1.62

3M™ DBI-SALA® ExoFit™ XE50 Safety Harness

Designed with high-quality components specially developed for enhanced safety and fit while working at heights. Built with durable 26kN polyester webbing and alloy steel hardware. The back D-ring plate design with pSRL tunnel allows quick and easy connection of a personal SRL.

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Optional comfort padding available to order separately (See page 28).



UK
CA
EN361

	◀.....▶	Buckle Type	kg
1112702/03/04	1 / 2 / 3	PT	1.70
1112711/12/13	1 / 2 / 3	QC	1.70



1161609/10/11



1161615/16/17



1161618/19/20



1161642/43/44



1112702/03/04



1112711/12/13

3M™ DBI-SALA® ExoFit™ XE100

Comfort Safety Harness

Made with high-quality components created for enhanced harness safety, fit, and the comfort of your team while working at heights. Built with durable 26kN polyester webbing and alloy steel hardware. The back D-ring plate design with pSRL tunnel allows quick and easy connection of Personal Self-Retracting Lifelines (pSRLs).

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Custom-designed padding with air channels and reflective 3M™ Scotchlite™ panels (back/shoulders)



New!

UK
CA

CE

EN361

	↔	Buckle Type	⚖️
1112720	1	QC	1.90
1112721	2	QC	1.95
1112722	3	QC	2.00

3M™ DBI-SALA® ExoFit™ XE200

Comfort Safety Harness

Made with high-quality components specially developed to enhance the safety, convenience, and performance of your team during work at heights. Built with durable 26kN polyester webbing and lightweight aluminium hardware.

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Lightweight, aluminium automatic stand-up rear D-ring
- ▶ Hybrid comfort padding with breathable mesh under-side for enhanced thermal comfort and ergonomics



New!

UK
CA

CE

EN361

	↔	Buckle Type	⚖️
1112726	1	QC	2.25
1112727	2	QC	2.25
1112728	3	QC	2.25



1112720/21/22



1112726/27/28

Work positioning harnesses.



3M™ Protecta® E200 Comfort Belt Style Fall Arrest Harness

Our 3M™ Protecta® Comfort Belt Style Fall Arrest Harness harness has enhanced features including auto-resetting lanyard keeper, as well as softer and more durable hip padding.

- ▶ Rear fall arrest D-ring
- ▶ Adjustable chest strap height
- ▶ Lanyards keepers(s)



UK
CA
CE
EN361
CE
EN358

	↔	Buckle Type	kg
1161627/28/29	S / M-L / XL	PT	1.90
1161633/34/35	S / M-L / XL	QC	2.24
1161645/46/47	S / M-L / XL	QC	2.46

3M™ DBI-SALA® ExoFit™ XE50 Positioning Safety Harness

Designed with high-quality components specially developed for enhanced safety and fit while working at heights. Built with durable 26kN polyester webbing and alloy steel hardware, 3M™ DBI-SALA® ExoFit™ XE50 was created to endure the daily conditions of your job site. The back D-ring plate design with pSRL tunnel allows quick and easy connection of a personal SRL.

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Optional comfort padding available to order separately (See page 28).



UK
CA
CE
EN361
CE
EN358

	↔	Buckle Type	kg
1112705/06/07	1 / 2 / 3	PT	2.25
1112714/15/16	1 / 2 / 3	QC	2.53



1161627/28/29



1161633/34/35



1161645/46/47



1112705/06/07



1112714/15/16

3M™ DBI-SALA® ExoFit™ XE100 Comfort Positioning Safety Harness

Made with high-quality components created for enhanced harness safety, fit, and the comfort of your team while working at heights. Built with durable 26kN polyester webbing and alloy steel hardware. The back D-ring plate design with pSRL tunnel allows quick and easy connection of Personal Self-Retracting Lifelines (pSRLs).

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Custom-designed padding with air channels and reflective 3M™ Scotchlite™ panels (back/shoulders)



New!

UK
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CE
EN358

	←→	Buckle Type	kg
1112723	1	QC	2.65
1112724	2	QC	2.70
1112725	3	QC	2.75

3M™ DBI-SALA® ExoFit™ XE200 Comfort Positioning Safety Harness

Made with high-quality components specially developed to enhance the safety, convenience, and performance of your team during work at heights. Built with durable 26kN polyester webbing and lightweight aluminium hardware.

- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Auto-locking quick connect buckles secure contact with webbing, reducing the need to readjust
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Lightweight, aluminium automatic stand-up rear D-ring
- ▶ Hybrid comfort padding with breathable mesh under-side for enhanced thermal comfort and ergonomics



New!

UK
CA
CE
EN361
CE
EN358

	←→	Buckle Type	kg
1112729	1	QC	2.85
1112730	2	QC	2.90
1112731	3	QC	2.95



1112723/24/25



1112729/30/31



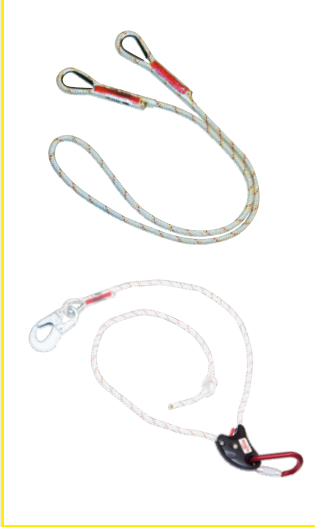
Connecting devices.



Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.

Selecting the right fall arrest system.

Work positioning and restraint lanyards EN354 & EN358



Shock absorbing lanyards EN355



Personal self-retracting lifelines EN360



Self-retracting lifelines EN360



Fall clearances.

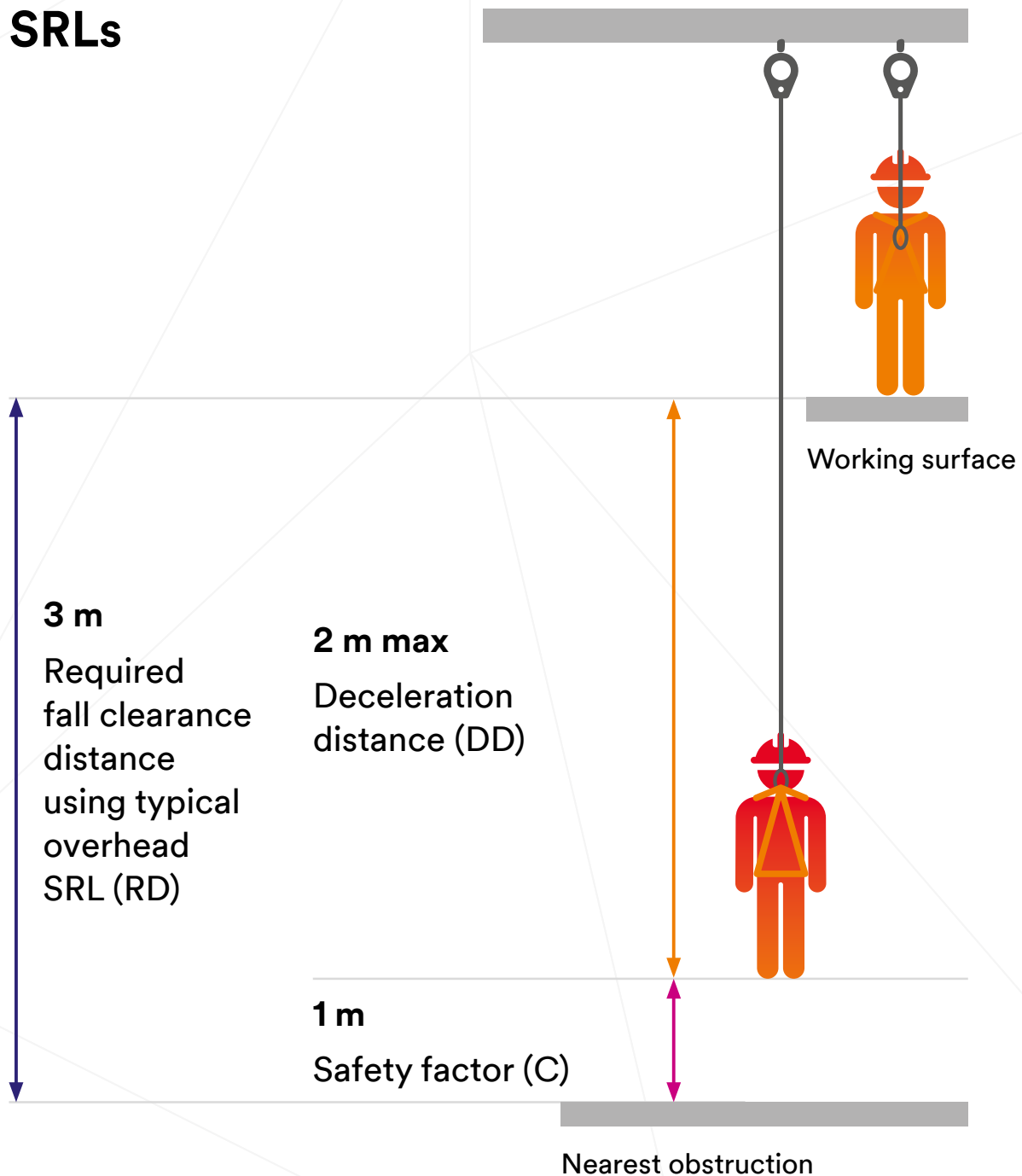
Shock absorbing SRLs vs lanyards.

DD = Free fall, lock off and deceleration
(2 m maximum, EN360)

C = Clearance to obstruction during
fall arrest (1 m minimum safety
factor required, EN360)

RD = Required distance below working
surface to nearest obstruction
– $RD = DD + C$

SRLs



LL = Lanyard length (2m)

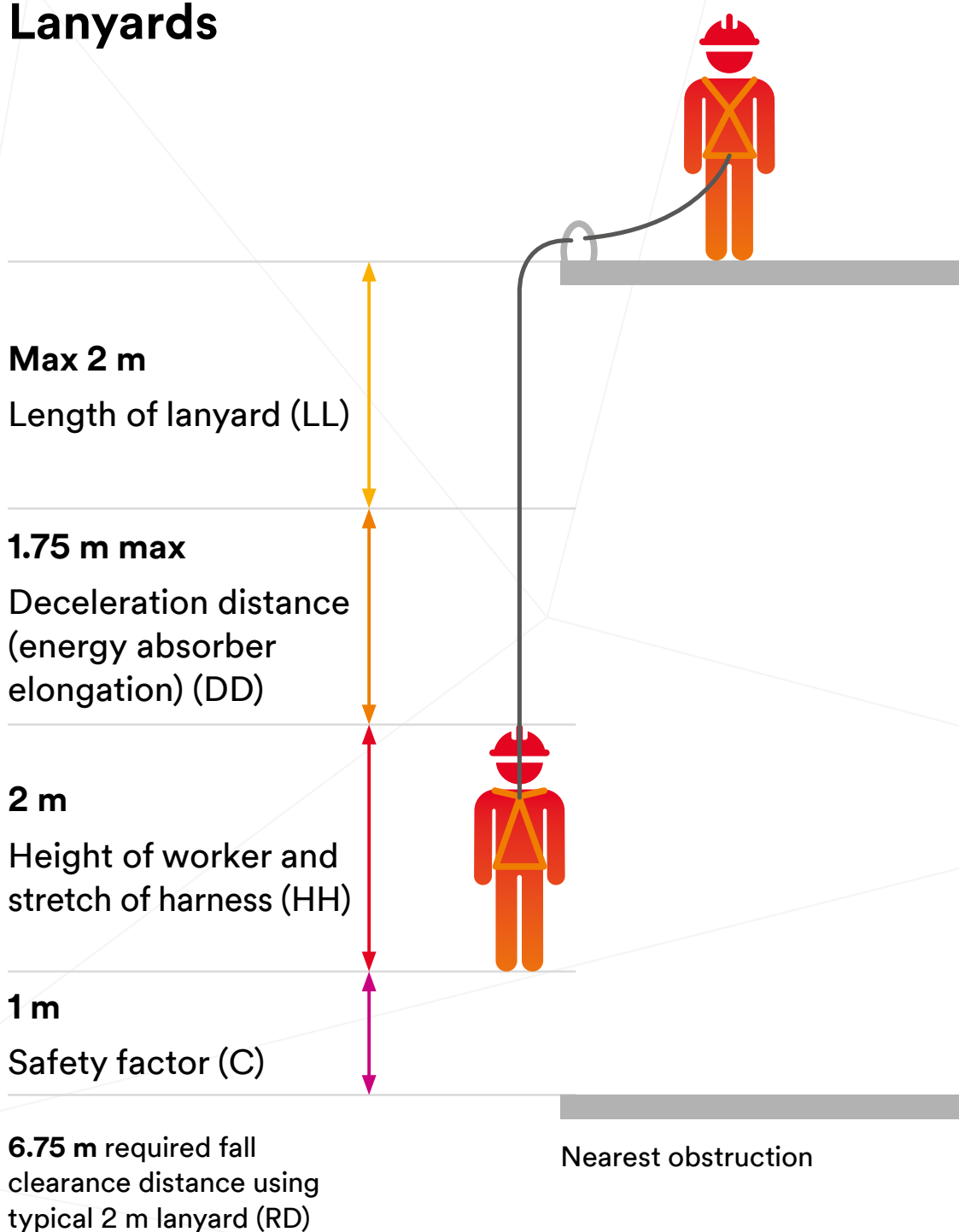
DD = Shock absorber deployment length (1.75m)

HH = Worker displacement and harness extension – 2m

C = Safety factor and clearance under worker – 1m

RD = Minimum free distance below feet of the user to nearest obstruction – $LL + DD + HH + C$

Lanyards



Work Restraint and Positioning Lanyards EN354 & EN358.

Fixed Length Restraint Lanyards

3M™ Protecta® Restraint Lanyards



AL410C / AL415C



AL410C2 / AL420C2



AL432/1Y

- ▶ Use a 3M™ Protecta® Rope Restraint Lanyard as part of a restraint system to prevent the user from moving into an area where they may be exposed to a fall
- ▶ Made from 10.5 mm durable and flexible braided polyamide rope



	↔	kg
AL410C	1 m	0.16
AL410C2	1.3 m	0.07
AL432/1	1.3 m Y	1.39
AL415C	1.5 m	0.15
AL420C2	2 m	0.25

Work Positioning Lanyards

3M™ Protecta® Trigger Lanyards



- ▶ Trigger device allows simple adjustment for perfect work positioning
- ▶ Simple triple action carabiner connection to Trigger device
- ▶ 10.5 mm kernmantle rope material is durable and easy to adjust through the Trigger device



	↔	kg
1200314	Adj. to 2 m	0.85

3M™ Protecta® Rope Lanyards



- ▶ Length adjuster allows you to easily adjust the lanyard to your needs
- ▶ 10.5 mm rope diameter



	↔	kg
AL422	Adj. to 2 m	0.28

Rope Grab

3M™ Protecta® Viper LT Rope Grab with energy absorber - edge tested



The Protecta® Viper™ LT Manual Rope Grab, Edge Tested model, is a restraint and fall arrest device which can be used in a variety of vertical and horizontal applications.

With its extremely simple opening system, a user can move effortlessly and safely along a Ø 12,5mm rope to perform their daily tasks.



	↔	kg
AC4002	-	0.48

3M™ Protecta® Viper LT Rope



- ▶ Kernmantle rope 12.5 mm diameter with 25 kN screw gate carabiner 17 mm opening



	↔	kg
AC4010	10 m	1.00

Shock absorbing lanyards EN355.

Shock Absorbing Lanyards

3M™ Protecta® Shock Absorbing Rope Lanyard - 140 kg capacity



- ▶ 10.5 mm rope for easy and flexible handling
- ▶ 140 kg max. rated weight capacity - higher than standard fall arrest lanyards
- ▶ Steel snap hook or screw gate carabiner allows for easy and secure body connection

UK
CA
CE
EN355

	↔	Legs	Harness Connector	Anchorage Connector	kg
1260331	2.0 m	Single			0.80
1260333	1.8 m Y	Twin			1.40
1260332	1.8 m Y	Twin			1.40
1260334	Adj. to 2 m	Single			0.80

3M™ Protecta® Shock Absorbing Elastic Webbing Lanyard - 140 kg capacity



- ▶ Elasticated webbing reduces lanyard length when not under tension, reducing the risk of trip and snagging hazards
- ▶ 140 kg max. rated weight capacity - higher than standard fall arrest lanyard

UK
CA
CE
EN355

	↔	Legs	Harness Connector	Anchorage Connector	kg
1260330	1.5 m	Single			1.0
1260329	1.5 m	Twin			1.20
1260328	2.0 m	Single			1.10
1260327	2.0 m	Twin			1.40

3M™ DBI-SALA® EZ-Stop™ Expander Web Lanyard



- ▶ Elasticated webbing reduces lanyard length when not under tension
- ▶ 35 mm polyester webbing

UK
CA
CE
EN355

	↔	Legs	Harness Connector	kg
1246555	1.25 m	Single		1.02
1246556	2.0 m	Single		1.06
1246557	2.0 m Y	Twin		1.65



Self-retracting lifelines EN360.

3M™ Protecta® Self-Retracting Lifelines.

Our 3M™ Protecta® Self-Retracting Lifelines are durable and tough and provide an economical fall protection solution without compromising on performance or safety. They are available in a range of lengths of either galvanised steel stainless steel cable or polyester webbing.

Self-Retracting Lifelines

3M™ Protecta® Web Personal Self-Retracting Lifeline



- ▶ High strength 25 mm polyester webbing lifeline



	↔	Connector	kg
3100420	2.0 m		1.20
3100423	3.0 m		1.40

3M™ Protecta® Web Self-Retracting Lifeline



- ▶ High-strength 25 mm polyester webbing



	↔	Connector	kg
3100437	6.0 m		2.20

3M™ Protecta® Cable Self-Retracting Lifeline



- ▶ 5 mm galvanised steel cable lifeline



	↔	Connector	kg
3590520	6.0 m		5.3
3590521	10.0 m		5.6
3590570	15.0 m		7.5
3590610	20.0 m		10

3M™ Protecta® Cable Leading Edge Self-Retracting Lifeline



- ▶ Edge tested



	↔	Connector	kg
3590545	12.0 m		8.5

Self-retracting lifelines EN360.

Self-Retracting Lifelines

3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifelines.

Introducing the new 3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifeline. Trusted for its reliability and durability, the Nano-Lok has been the industry’s go-to personal SRL for many years. Our latest version not only matches the performance of the outgoing model, it surpasses it. It’s sleeker with a more compact design. It’s tougher with the longer-lasting cover. And it’s easier to use and faster to connect.* All whilst complying with CE EN 360:2002.



3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifeline



- ▶ Dyneema® and polyester webbing
- ▶ Foot level tie-off with 140 kg capacity

UK
CA
CE
EN360

	↔	Connector	Legs	kg
3101208	2.0 m		Single	1.18
3101298	2.0 m		Twin	2.39



Fall Protection Kits.

3M™ Protecta® Fall Protection Vertical Lifeline Set

Kit code: 1150506

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161610)
- ▶ 3M™ Protecta® Viper™ Vertical Lifeline Rope (AC400)
- ▶ 3M™ Protecta® Viper™ Vertical Lifeline Rope 15 m (AC415)
- ▶ 3M™ Protecta® Sling Polyester Webbing, 100 cm (AM450/100)
- ▶ 3M™ Protecta® E200 Backpack, Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002; EN353/2:2003; EN795:2012 Type B / EN566:2007 / EN354:2010; EN362:2004 UKCA



3M™ Protecta® Fall Protection Universal Set

Kit code: 1150507

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161601)
- ▶ 3M™ Protecta® Shock Absorbing Lanyard, 140 kg Capacity, Elastic Webbing, Single Leg, 2,00 m (1260328)
- ▶ 3M™ Protecta® E200 Backpack, Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN360:2002, EN362:2004 UKCA



3M™ Protecta® Fall Protection Roofers Set

Kit code: 1150511

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161610)
- ▶ 3M™ Protecta® Viper™ LT Rope Grab, with shock absorber (AC4002)
- ▶ 3M™ Protecta® Viper™ LT Rope Grab 10,00 m (AC4010)
- ▶ 3M™ Protecta® Sling Polyester Webbing, 100 cm (AM450/100)
- ▶ 3M™ Protecta® E200 Backpack, Black (9513331) with product overview map
- ▶ CE certified to EN361:2002; EN353/2:2003; EN358:1999; EN795:2012 Type B / EN566:2007 / EN354:2010; EN362:2004 UKCA





3M™ Protecta® Fall Protection Mast Climbing Set

Kit code: 1150510

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161638)
- ▶ 3M™ Protecta® Shock Absorbing Lanyard, Twin-leg, Elastic, 1,50 m (1260329)
- ▶ 3M™ Protecta® Work Positioning Trigger Lanyard, Adjustable to 2,00 m (1200314)
- ▶ 3M™ Protecta® E200 Backpack, Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN358:1999; EN355:2002; EN358:1999; EN362:2004 UKCA



3M™ Protecta® Fall Protection Premium Set

Kit code: 1150508

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161601)
- ▶ 3M™ DBI-SALA® Nano-Lok™ Personal Self Retracting Lifeline, Single-leg, Web, 1,80 m, (3101461)
- ▶ 3M™ Protecta® E200 Backpack, Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN360:2002, EN362:2004 UKCA





Descent and rescue.



Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.

3M™ Protecta® Tripod



- ▶ Lightweight, portable 3M™ Protecta® aluminium tripods are ideal for confined space manhole entry and retrieval
- ▶ 2.35 m (8 ft.) aluminium tripod
- ▶ Telescoping adjustable locking legs
- ▶ Attach one or two mechanical devices such as a winch or 3 way self retracting lifeline and you're ready to go
- ▶ Skid-proof tread plate soles on feet

UK
CA
EN795

	◀.....▶	kg
AM100	1.50 - 2.56 m	19.0

3M™ Protecta® SRL, Retrieval



- ▶ Use 3M™ Protecta® Cable Self-Retracting Lifeline, Retrieval in confined space applications where an economic solution is required that doesn't compromise on performance or safety
- ▶ 3-way emergency retrieval system
- ▶ Stowable retrieval winch handle
- ▶ Rugged aluminium housing

UK
CA
EN360
EN1496

	◀.....▶	kg
3591002	15.0 m	11.9
3590498	Mounting bracket	11.9
AT052/1	Pulley	0.91



**E**

Education.

We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.

Courses available:

- Working at Height
- Confined Space
- Roof working
- Renewables
- Rope Access
- Rescue
- Tower Climbing



Safety Training

Workers' lives are on the line every day, but ensuring their safety starts long before the job begins. No one understands this better than 3M™ Fall Protection. Our training is based on more than 70 years of expertise and jobsite implementation around the globe.

When it comes to protecting your work site, we deliver. We offer superior courses in world-class training facilities, based on standard curriculum's or custom programs specific to your jobsite.

Our training services include:

- Regional facilities to avoid extensive delegate travel or ability to facilitate courses at your own sites
- Ability to build bespoke course programme's to ensure that training meets your specific company requirements
- Access to and use of the widest range of fall protection equipment to ensure delegates receive a broad training experience

Our comprehensive training provides practical, hands-on experience across a full range of fall protection training, fall arrest training and industrial rescue courses at our state-of-the-art training centres located across Europe, as well as on-site training customised to your needs.



Fall Protection for Tools.



3M™ DBI-SALA® D-ring Attachment



- ▶ These D rings are used with Quick Wrap Tape to create instant attachment points on tools

	Description	Max Load	
1500003	D-ring 1.3 cm x 5.7 cm (0.5" x 2.25")	0.9 kg (2 lbs)	10
1500007	D-ring 2.5 cm x 8.9 cm (1" x 3.5")	2.3 kg (5 lbs)	10
1500009	D-ring Cord	2.3 kg (5 lbs)	10

3M™ DBI-SALA® Quick-Wrap Tape II



- ▶ 2.5 cm (1") tape conforms to the shape of whatever it is applied to
- ▶ Use with our D-rings and Tool Cinch Attachments to create instant tethering points on tools

	Description	↔	
1500169	Quick Wrap Tape II, Blue	274 cm (108")	10
1500175	Quick Wrap Tape II, Yellow	274 cm (108")	10

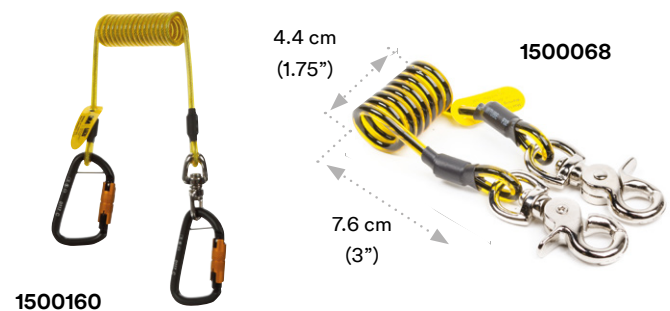
3M™ DBI-SALA® Hook2Loop Bungee Tether



- ▶ Simply slides onto the handle of a tool in seconds

	Description	Max Load	↔	
1500047	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	81 cm (32") - 119 cm (47")	1
1500048	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	81 cm (32") - 119 cm (47")	10
1500049	Medium-Duty Hook2Loop Bungee Tether	15.9 kg (35 lbs)	78 cm (31") - 132 cm (52")	1

3M™ DBI-SALA® Hook2Hook Coil Tethers



- ▶ Ultra-compact design of our Coil Tethers makes them an ideal alternative to classic bungee tethers

	Description	Max Load	↔	
1500160	Hook2Hook Coil Tether with Swivel	2.3 kg (5 lbs)	10 cm (4") - 157 cm (62")	10
1500068	Trigger2Trigger Coil Tether	2.3 kg (5 lbs)	4 cm (1.75") - 70 cm (24")	10

3M™ DBI-SALA® Tool Holsters with Retractors



	Description	Attachment	
1500104	Single Tool Holster with Retractor	Harness	1
1500107	Dual Tool Holster with Retractor	Belt	2
1500109	Dual Tool Holster with Retractor	Harness	2

3M™ DBI-SALA® Small Parts Pouches



	Description
1500119	Small Parts Pouch, canvas, black
1500120	Small Parts Pouch, canvas, camo
1500121	Small Parts Pouch, canvas, orange
1500122	Small Parts Pouch, vinyl, yellow
1500123	Small Parts Pouch, extra deep, canvas, black

3M™ DBI-SALA® Accessories.

3M™ DBI-SALA® Wristbands



	Description	
1500083	Adjustable Wristband	10
1500085	Adjustable Wristband with Cord	10
1500087	Adjustable Wristband with Retractor	10

3M™ DBI-SALA® Tape Measure Holsters



	Description
1500099	Tape Measure Sleeve
1500165	Tape Measure Sleeve - Large
1500100	Tape Measure Holster with Retractor and Sleeve Combo

3M™ DBI-SALA® Suspension Trauma Safety Straps

- ▶ Suspension trauma safety strap can be used in the event of a fall allowing a user to stand, relieving pressure on the arteries and veins around the top of the legs
- ▶ Attaches to almost any harness



9501403	0.14

Padding Accessories for 3M™ DBI-SALA® XE50 Harnesses

New!



	Description		
1150514	Shoulder Padding Accessory	1	0.15
1150513	Leg Padding Accessory	2	0.10

3M™ Protecta® Harness Accessories.

3M™ Protecta® Comfort Shoulder and Back Padding

- Comfortable, lightweight and breathable padding for better comfort and shoulder and back protection
- Can be easily fitted or removed by the user



3M™ Protecta® Comfort Leg Padding

- Removable leg pads for additional comfort



	Description		
1150491	Shoulder and Back Padding	1	0.15
1150494	Leg Padding	2	0.07

3M™ Protecta® Lanyard Keepers

- Auto-resetting lanyard keepers provides easy parking and release of snap hooks or carabiners



3M™ Protecta® Harness Extension Strap

- Elongates the rear fall arrest attachment point of a harness to make it easier to attach and detach a connector of a retractable fall arrest device



UK
CA
CE
EN354

	Description		
1150493	Lanyard Keepers	2	0.20
1150909	Extension Strap	1	0.22



3M™ Protecta® Belt Loop D-Rings



3M™ Protecta® Gear Tool Loops





- Tools can be secured while working at heights, to keep people and property safe anywhere below you
- Suitable for use with 3M™ Protecta® Comfort Belt Harness models only

	Description		
1500180	Belt Loops	2	0.50
1150492	Gear Tool Loops	2	0.36

3M™ Protecta® Back Pack



- 3M™ Protecta® branded rucksack to store and transport your fall arrest equipment

		
9513331	15 × 30 × 50 cm	0.36

Choosing the right harness.

Look for quality in these features when selecting your harness.



1. Dorsal connection

The main fall arrest point is located on the back, positioned between the shoulder blades. Most harnesses would always include a dorsal attachment point.



7. Stitching

Quality, high strength thread and specifically designed stitch patterns provide maximum strength and durability. Its sewn-in quality you can trust.



2. Webbing

Essential for the durability and safety of the harness, webbing has to be strong enough to endure rough use and exposure to the elements without tearing or fraying. Speciality applications such as welding can benefit from special materials like Nomex®/Kevlar® that offer high temperature resistance.



8. Padding

Cushioned shoulder, leg and hip pads keep the pressure off, providing extra worker comfort for long hours of wear. In a fall, they absorb shock and help distribute your weight. They may be built-in to avoid slipping or may be removable.



3. Adjusting points

Whether you wear a harness 4 hours a day or 14, it needs to fit correctly for safety and comfort. Harnesses with adjusting points on the legs, waist (belt models), chest and torso allow a better fit.






9. Suspension relief straps

Built in, or retrofit, they are quickly deployed by the user in the event of a fall. They provide a web loop allowing the user to stand and relieve some pressure from the legs.



4. Leg straps

Depending on worker preference, leg strap fasteners may be available in different styles, including:

-  Pass Through Buckle
-  Quick Connect Buckle
-  Tongue & Grommet Buckle



10. Impact indicators

Impact indicators provide immediate notice that the worker and harness have been in a fall. This feature promotes safety and proper inspection.



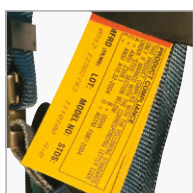
5. Pelvic support

A sub-pelvic strap provides additional support, security and comfort for the user. Properly positioned, it better distributes forces during a fall.



11. Lanyard keepers

A lanyard keeper provides a place to park your lanyard when not in use. It prevents tripping and entanglement for enhanced safety and will breakaway, saving the user from potentially high impact forces, due to 'short circuiting' of the absorber.



6. Book style labels

Book style labels put product and inspection information at the workers' fingertips. Pages may include sizing, operating instructions, inspection log, warning labels and compliance information. These labels promote quick inspection, compliance and safety.



12. Breathable linings

The 3M™ DBI-SALA® ExoFit™ Harness Series of harnesses feature breathable linings that wick moisture away from your body. So you stay dry and comfortable in heat or cold.

3M™ DBI-SALA® Safety Harness Fitting Instructions.



Before starting

Remove all items from your pockets, as during work, or most importantly in the event of a fall, objects in pockets can become trapped between the harness webbing and the wearer's body, potentially causing injury. Always refer to instruction for use supplied with the specific harness, concerning correct fitting and adjusting.



Step 1. Getting started

Hold harness by back D-Ring, which is often held in place by a D-Ring pad, ensure straps are not twisted.



Step 2. Shoulder straps

Slip harness over arms and onto shoulders. Ensure all straps are not tangled and hang freely.



Step 3. Leg strap

Reach between your legs and grasp the leg strap on your left side. Bring the strap up between your legs and connect it with the buckle on the left side (see **Buckle Types**). Connect the right leg strap using the same procedure. To adjust the leg straps see **Buckle Types**.



Step 4. Chest straps

Attach the chest strap buckle to the corresponding opposite side buckle (see **Buckle Types**).



Step 5. Waist belt (if present)

Attach the waist strap buckle to the corresponding opposite side buckle (see **Buckle Types**).

Step 6. Adjust harness to a snug fit

Adjust torso straps to a snug fit with the Revolving Torso Adjusters. The left and right side should be adjusted to the same length and the front D-ring attachment should be centred on your lower chest, approx. 15 cm down from shoulder.

The front D-Ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps. Centre the back D-Ring between your shoulder blades.

Note: On applicable models, the back (rear/dorsal) D-Ring can be repositioned up or down on the harness webbing as needed for a correct fit.

Re-adjust leg straps to a snug fit (see **Correct leg adjustment**). At least 8 cm of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).



Tidy up

Now the harness is correctly fitted, tidy up the loose ends of webbing, by either sliding the plastic web-tidys to the ends, or tucking the loose webbing under the loops, depending on your harness model.

You're ready to go!

A properly fitted and adjusted full body harness will effectively distribute impact forces throughout your body and provide appropriate support during suspension and rescue following a fall.

Buckle types

QC Quick Connect Buckles

ACC Auto-locking Quick Connect Buckles



To attach: Insert male portion into receptor until click is heard.



To release: Press the tabs on the side of the buckle towards each other with one hand, whilst pulling on the male portion of the buckle with the other hand.



To tighten: Hold the buckle at 90° to the webbing and pull free webbing.



To loosen: Hold the buckle at 90° to the webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

PT Pass-Through Buckles



To attach: Pass male buckle through female buckle.



To release: Pass male buckle through female buckle.



To tighten: Hold the buckle at 90° to the webbing and pull free webbing.



To loosen: Hold the buckle at 90° to the fixed webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

Correct leg adjustment



If you cannot pass your hand under leg strap – too tight.



If you can pass your fist under leg strap – too loose.



If you can just pass your hand under leg strap – correct fit.

Correct torso adjustment

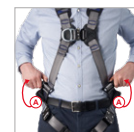


If you can pinch the torso webbing (whilst standing upright) – too loose.



If you cannot pinch the torso webbing (whilst standing upright) – correct fit.

Revolving torso adjuster



To tighten: Turn ratchet knob in direction A.



To loosen: Pull ratchet knob out and turn in direction B.

NOTE: If you have questions concerning the condition of your harness, or have any doubt about putting it into service, reference the User Instructions for full inspection procedures or contact your local 3M sales representative.

General icons.



Dimension



Weight



Quantity



Number of Users
(Value)



Material:
Steel

Harness icons.



Chest



Leg



Waist



Pass Through
Buckle



Quick
Connect
Buckle

Lanyard & Self-Retracting Lifeline icons.



Screw Carabiner



Twist Lock



Edge Tested



Scaffold Hook



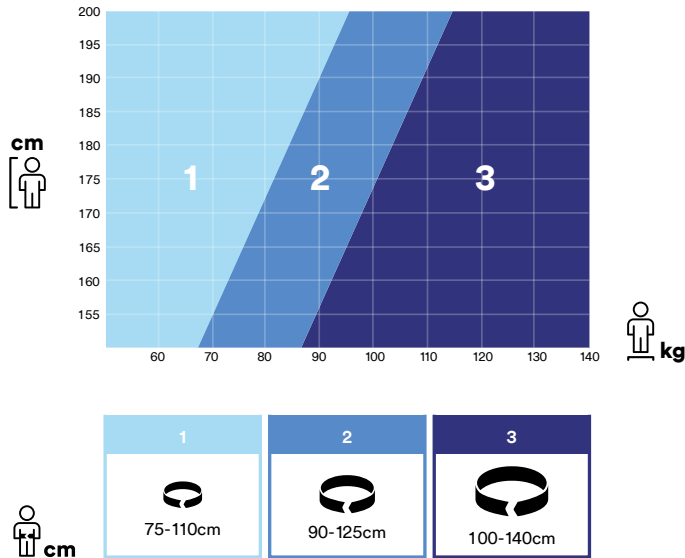
Snap Hook

Important notice

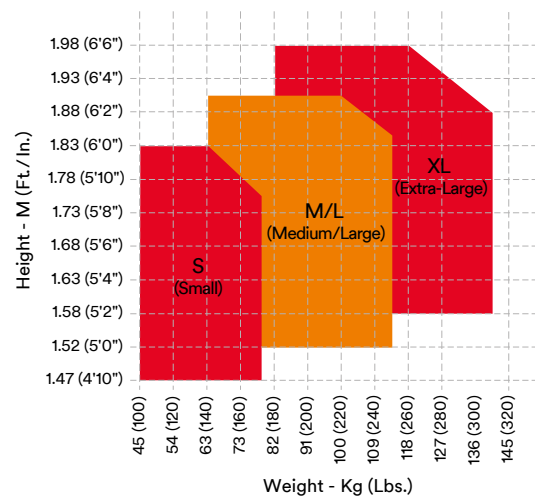
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3M™ DBI-SALA® Fall Arrest Harness Sizing Chart



3M™ Protecta® Fall Arrest Harness Sizing Chart



Certification.

General:

EN
1496

Rescue lifting devices

CE
EN567

Rope clamps

CE
2016/425

PPE Regulation

CE
2006/42/EC

Machine directive

UK
CA

United Kingdom
Conformity
Assessed

Harnesses:

CE
EN361

Full body harness

CE
EN813

Sit harnesses

EN
1497

Rescue harnesses

CE
EN471

High-visibility warning clothing

Connectors:

EN
341

Descender devices

CE
EN354

Lanyards

CE
EN355

Energy absorbers

CE
EN358

Belts and restraint lanyards for work positioning

CE
EN360

Retractable type fall arresters

CE
EN362

Connectors

Anchors:

CE
EN353-1

Guided type fall arresters including a rigid anchor line

CE
EN353-2

Guided type fall arresters including a flexible anchor line

EN
795 TYPE A

Anchors fixed to the structure

CE
EN795 TYPE B

Anchors not fixed to the structure

EN
795 TYPE C

Horizontal Lifeline with flexible support

CE
EN795 TYPE E

Counterweight anchor

Notes.

Notes.

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