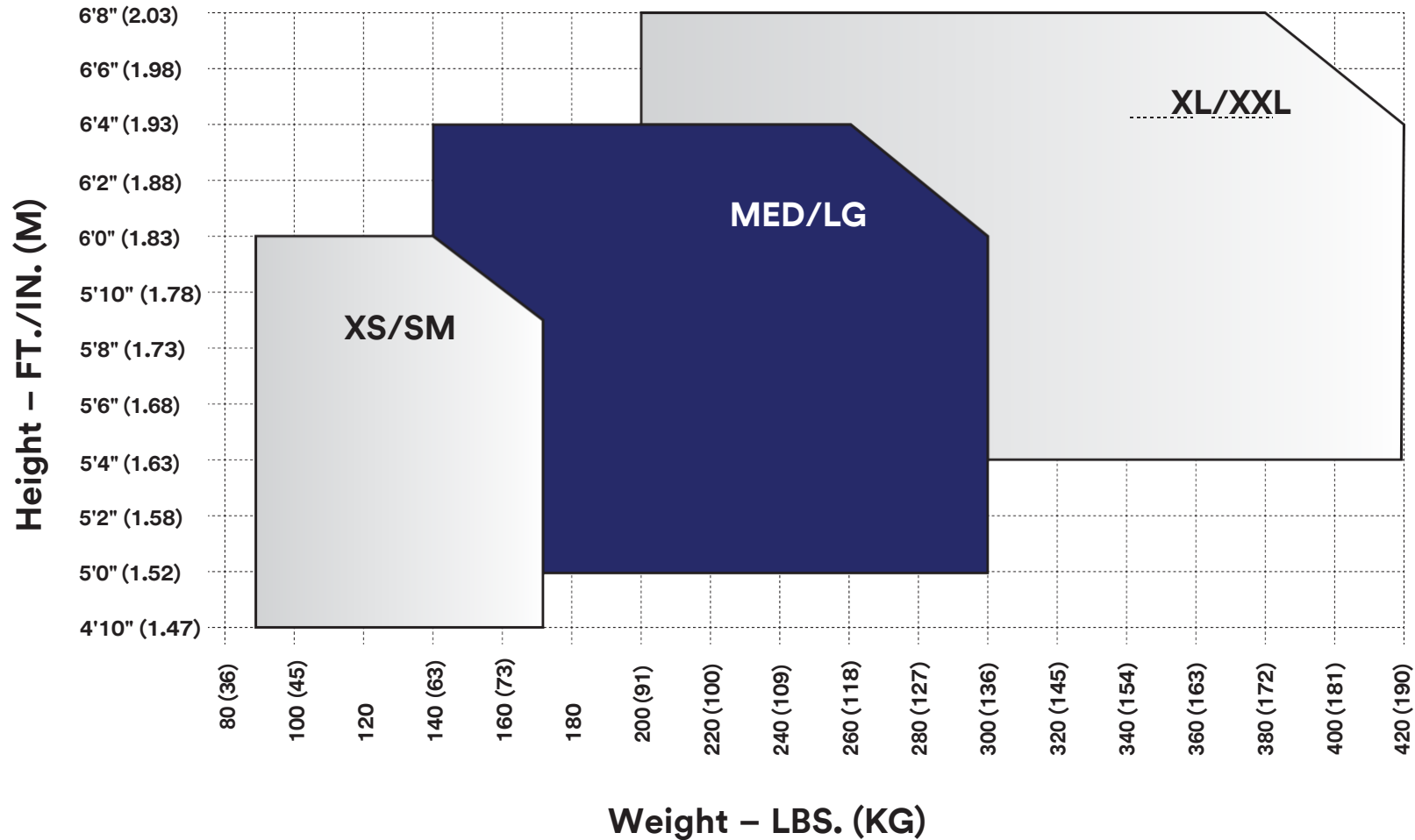


## 3M™ DBI-SALA® ExoFit™ X-Style Harness Sizing Guidance

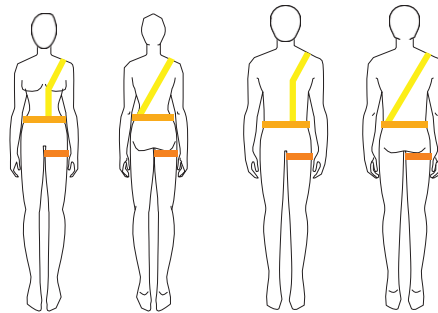


## 3M™ DBI-SALA® ExoFit™ X-Style Harness Sizing Guidance

Vest Style	X-Small/Small 4 ft. 10 in. – 6 ft. 0 in. (1.47 m – 1.83 m) 90 lbs. – 170 lbs. (41 kg – 77 kg)	Medium/Large 5 ft. 0 in. – 6 ft. 4 in. (1.52 m – 1.94 m) 140 lbs. – 300 lbs. (64 kg – 136 kg)	X-Large/2X-Large 5 ft. 4 in. – 6 ft. 8 in. (1.63 m – 2.0 m) 200 lbs. – 420 lbs. (91 kg – 191 kg)
Harness Torso Length	35 in. – 44 in.	37 in. – 49 in.	39 in. – 54 in.
Harness Leg Circumference	14 in. – 31 in.	16 in. – 36 in.	18 in. – 41 in.

Construction Style	X-Small/Small 4 ft. 10 in. – 6 ft. 0 in. (1.47 m – 1.83 m) 90 lbs. – 170 lbs. (41 kg – 77 kg)	Medium/Large 5 ft. 0 in. – 6 ft. 4 in. (1.52 m – 1.94 m) 140 lbs. – 300 lbs. (64 kg – 136 kg)	X-Large/2X-Large 5 ft. 4 in. – 6 ft. 8 in. (1.63 m – 2.0 m) 200 lbs. – 420 lbs. (91 kg – 191 kg)
Harness Torso Length	35 in. – 44 in.	37 in. – 49 in.	39 in. – 54 in.
Harness Waist Circumference	34 in. – 41 in.	37 in. – 47 in.	40 in. – 53 in.
Harness Leg Circumference	14 in. – 31 in.	16 in. – 36 in.	18 in. – 41 in.

Torso	Measure from 3 inches left of navel. Upward over left shoulder towards lower side of back.
Waist	Measure the circumference around the waist just under the navel.
Leg	Measure the circumference around the thigh starting 2 inches below the crotch.



3M Full Body Harnesses are designed, tested and certified with a user capacity range of 130 lbs. to 310 lbs. as defined by ANSI/ASSP Z359.11 and up to 420 lbs. conforming with OSHA 29 CFR 1910.140 and 1926.502 regulations. For users below the weight capacity range of 130 lbs., the application shall be evaluated by the employer's Competent Person to determine alternate or applicable protection methods.

**3M offers additional sizes in select models. Contact your 3M Fall Protection representative or visit [3M.com/ExoFitHarness](https://www.3m.com/ExoFitHarness)**



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