

Measuring for a harness (measure over clothing)

The fitting of fall protection equipment is important for both personal safety and for working comfort. The table below specifies how to measure yourself to correctly fit a heightec harness.

Code	Description	Measurements (cm)		
		*Thigh (B)	Waist	Torso (A)
H001Q	APEX - Extol RA harness QC, Sync ascender	60-80	70-140	65-90
H001QL	APEX - Extol RA harness QC, Sync ascender L	60-100	85-165	80-105
H002Q	AURA - Eclipse ra harness QC, Corona chest, Sync ascender	60-80	70-140	65-90
H02Q	ECLIPSE sit harness QC	60-80	70-140	
H11	PHOENIX rescue harness	65-110	-	75-125
H11L	PHOENIX rescue harness, L	65-145		75-145
H11Q	PHOENIX rescue harness QC	65-110	-	78-130
H11QR	PHOENIX rescue harness QC, Red	65-110	-	78-130
H11SPE	PHOENIX rescue harness - Interspiro BA Mods	65-110	-	78-130
H21	MATRIX specialist access/rigging harness	60-80	70-140	65-90
H21L	MATRIX specialist access/rigging harness, Large	60-100	85-165	80-105
H21Q	MATRIX specialist access/rigging harness, QC	60-80	70-140	65-90
H21QL	MATRIX specialist access/rigging harness, QC Large	60-100	85-165	80-105
H22Q	EXTOL rope access harness, QC	60-80	70-140	65-90
H22QL	EXTOL rope access harness, QC Large	60-100	85-165	80-105
H28	NEON rigging harness	65-95	75-155	80-120
H28L	NEON rigging harness, Large	65-120	95-160	95-135
H28Q	NEON rigging harness, QC	65-95	75-155	80-120
H28QE	NEON rigging harness, extension strap, QC	65-95	75-165	80-120
H28QEL	NEON rigging harness, extension strap, QC Large	65-120	95-160	95-135
H28QL	NEON rigging harness, QC Large	65-120	95-160	95-135
H32	NEXUS fall arrest 2 point harness	60-100	-	78-115
H32Q	NEXUS fall arrest 2 point harness, QC	60-100	-	78-115
H32QJ	NEXUS fall arrest 2 point harness with jacket, QC	60-100	-	78-115
H34Q	VORTEX WTG harness QC	65-105	80-125	78-106
H34Q2	VORTEX S WTG Harness QC, Steel Chest Attachment	65-105	80-125	78-106
H34Q2L	VORTEX S WTG harness QC, Steel Chest Attachment, Large	65-120	95-160	90-120
H34QL	VORTEX WTG harness QC, Large	65-120	95-160	90-120
H41	X-IT rescue sling	Universal	Universal	108-152
H43	DELTA casualty harness	-	65-95	-

Measure over clothing, ensure measuring tape fits comfortably:

(A) The torso measurement is taken from the top of the shoulder to the inseam crotch area on the front of the body. Please ensure you are standing up straight when taking measurements.

(B) Waist measurement, fully measure around waist for H00*, H22Q, H02Q, H28*, H21*, H34* and H35*

(C) Thigh measurements on fall arrest harnesses H11, H21, H22Q, H28, H32 and H34Q should be taken round the upper thigh in a circular/loop measurement.

