**QUICK REFERENCE GUIDE**
Please refer to this chart to get a general idea of your FallTech harness size.

**DETAILED REFERENCE GUIDE**
Because your harness is the most important element of any personal fall arrest system, it must fit properly to deliver the highest level of safety. After you select your FallTech harness, follow these three simple steps to find your exact size.

1. **TORSO STRAP**

   **Single-size Harness**
   - XS: 32” - 39”
   - S: 38” - 51”
   - M: 40” - 53”
   - L: 42” - 55”
   - XL: 46” - 57”
   - 2X: 48” - 60”
   - 3X: 51” - 62”
   - 4X: 50” - 64”

   **UniFit Harness**
   - UNI: 47” - 60”

2. **LEG STRAP**

   **Single-size Harness**
   - XS: 14” - 30”
   - S: 16” - 33”
   - M: 20” - 32”
   - L: 22” - 34”
   - XL: 24” - 36”
   - 2X: 26” - 38”
   - 3X: 28” - 40”
   - 4X: 30” - 42”

   **UniFit Harness**
   - TB: 19” - 31”

3. **WAIST BELTS**

   **7 Grommet Single-size**
   - XS: 30” - 39”
   - S: 34” - 43”
   - M: 38” - 47”
   - L: 42” - 51”
   - XL: 46” - 55”
   - 2X: 50” - 59”
   - 3X: 54” - 63”
   - 4X: 58” - 67”

   **9 Grommet Dual-size**
   - S/M: 34” - 47”
   - L/XL: 42” - 55”
   - XL/2X: 46” - 59”
   - 2X/3X: 50” - 66”
   - 3X/4X: 54” - 70”

**ALL MEASUREMENTS ARE TO BE TAKEN OVER CLOTHING**

1. **TORSO STRAP**
   - Measure from 3 inches left of navel, Upward over left shoulder towards lower right side of back.

2. **LEG STRAP**
   - Measure the circumference around the thigh from the crotch to underneath the top hem.

3. **WAIST BELTS**
   - Measure the circumference around the waist just under the navel.

TB= Tongue Buckle  MB= Matting Buckle  QC= Quick Connect Buckle