

# Technical Bulletin

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## *Subject: Harness Sizing*

Whether you wear a harness for 4 hours a day or 14 hours a day, proper fit is essential. The harness needs to feel good and fit right for optimum comfort, safety and productivity. Capital Safety manufactures harnesses that are designed to fit most body sizes or shapes under the brands of SALA, PROTECTA and FIRST.

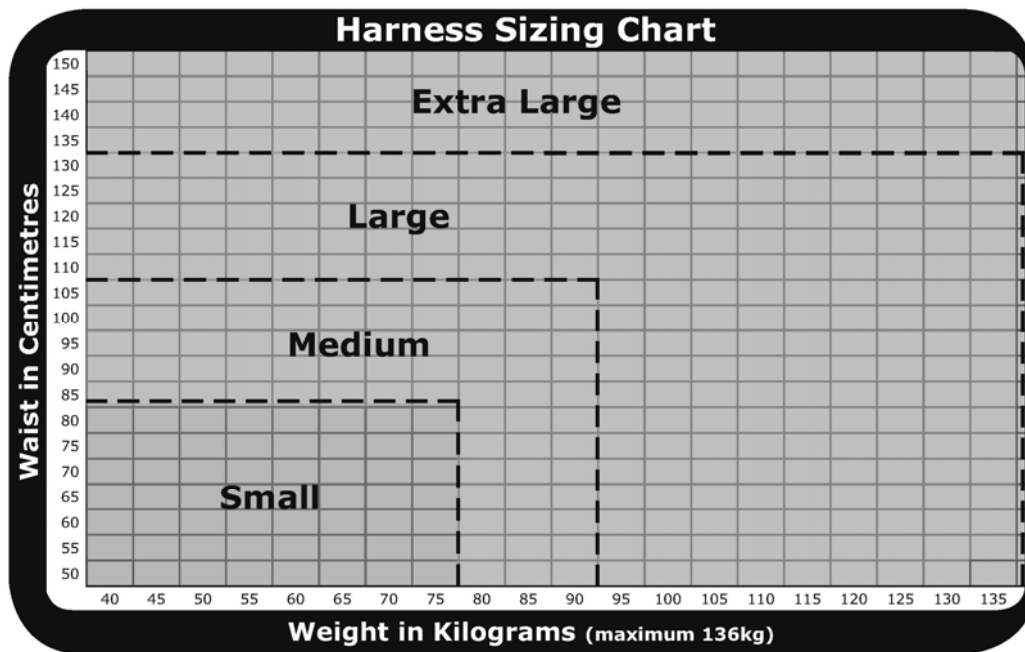
Capital Safety harnesses are manufactured in the following sizes:

**DBI-SALA branded harnesses** - available in small, medium, large and extra large. Custom sized harnesses such as extra small are also available under the DBI-SALA brand and attract an additional premium.

**PROTECTA branded harnesses** - available in small, medium and large only.

**FIRST branded harnesses** - available in medium only.

A large percentage of the working adult male population will fit into a medium sized Capital Safety Harness. (It is for this reason that medium sized harnesses are standard stock items).



The sizing chart is intended as a guide only. When taking measurements, wrap the measuring tape around the waist at the height of the navel, keeping a finger between the tape and the body.

All harnesses are designed to take a maximum user weight of 136 kg including tools and equipment.

For further information, contact Capital Safety on 1800 245 002, send an email to [sales@capitalsafety.com.au](mailto:sales@capitalsafety.com.au), or view information on the website at [www.capitalsafety.com](http://www.capitalsafety.com).