

User Instructions ■ MSA Harnesses SELECTION AND APPLICATIONS



PURPOSE OF HARNESS

An MSA full-body harness is a primary component of a personal fall arrest system. It may also be used for positioning and travel restriction when the appropriate attachments are present. The harness straps are arranged to contain the torso and distribute the forces of fall arrest to the thighs, chest, and shoulders of the wearer.

PHYSICAL LIMITATIONS

The harness is designed for one user whose weight, including clothing, tools, and other user-borne objects is less than the capacity shown on product label. Users with muscular, skeletal, or other physical conditions that could reduce the ability to withstand fall-arrest shock loads or prolonged suspension should consult a physician before using. Pregnant women and minors must never use the harness. See table below for proper sizing.

V-Fit

ft (m)	73351	73353	73355	73357
6'-6" (2.0)				
6'-4" (1.9)				
6'-2" (1.9)				SUPER X-LARGE
6'-0" (1.8)				
5'-10" (1.8)		STANDARD MEDIUM/LARGE		
5'-8" (1.7)	X-SMALL		X-LARGE	
5'-6" (1.7)				
5'-4" (1.6)				
5'-2" (1.6)				
5'-0" (1.5)				
	110 (50)	130 (59)	150 (68)	170 (77)
	190 (68)	210 (95)	230 (105)	250 (114)
	270 (123)	290 (132)	310 (141)	330 (150)
	400 (181)			
	73340	73342	73344	73346

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