

Choosing the Right Fall Harness: Size and Fit



The **MSA V-SERIES®** harness line offers exceptional **COMFORT** with its unique **RACING-STYLE** buckle,



helping to ensure a **SNUG** and comfortable **FIT** while enhancing **FLEXIBILITY** with an **ATHLETIC** cut.



According to OSHA, “In some cases, ill-fitting PPE may not protect an employee at all, and in other cases it may present additional hazards to that employee, and to employees who work around them.”¹ Fall harness sizing is important not only to help protect workers at height, but also to help enhance their comfort on the job.

Experience Comfort and Flexibility with the MSA V-SERIES® Harness Line



Available in sizes from XS to XL, V-SERIES harnesses feature a pull-down adjustment that allows the wearer to quickly get the right fit that lasts throughout the work day. Use the size chart below to find the right harness for you based on your height and weight.

It's important to keep in mind the following when donning the harness:

- Before putting on the harness lift it by the D-ring and straighten the straps, to avoid twisted straps.
- Pay particular attention to ensure that buckles are connected and aligned correctly.
- Ensure that thigh straps are not twisted and lay flat against the thighs.
- Free end of adjusting strap must extend at least 3 inches (8 cm) beyond adjusting buckle. Retain excess webbing in the keeper and under the thigh strap at hip.²

Harness Size Chart for V-SERIES Harnesses

ft.	(m)	Weight Range													
6'-6"	(2.0)	SX-LARGE													
6'-4"	(1.9)	SX-LARGE													
6'-2"	(1.9)	SX-LARGE													
6'-0"	(1.8)	X-LARGE													
5'-10"	(1.8)	X-LARGE													
5'-8"	(1.7)	STANDARD													
5'-6"	(1.7)	STANDARD													
5'-4"	(1.6)	SMALL / X-SMALL													
5'-2"	(1.6)	SMALL / X-SMALL													
5'-0"	(1.5)	SMALL / X-SMALL													
		lb. (kg)	110 (50)	130 (59)	150 (68)	170 (77)	190 (86)	210 (95)	230 (105)	250 (114)	270 (123)	290 (132)	310 (141)	330 (150)	400 (181)

^{1,2}<https://www.federalregister.gov/documents/2023/07/20/2023-15285/personal-protective-equipment-in-construction>

Note: This Bulletin contains only a general description of the products shown. While product uses and performance capabilities are generally described, the products shall not, under any circumstances, be used by untrained or unqualified individuals. The products shall not be used until the product instructions/user manual, which contains detailed information concerning the proper use and care of the products, including any warnings or cautions, have been thoroughly read and understood. Specifications are subject to change without prior notice. MSA is a registered trademark of MSA Technology, LLC in the US, Europe, and other Countries. For all other trademarks visit <https://us.msasafety.com/Trademarks>.

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