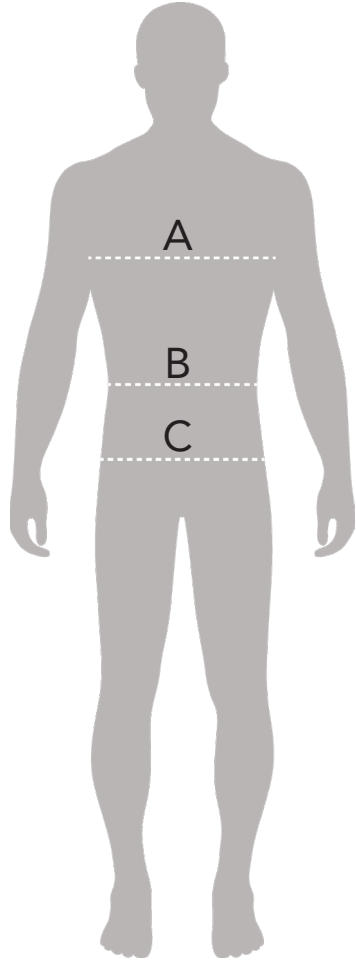


# Harness Size Guide



Size	Small	Standard	Large	X-Large
A Chest	36 - 42" 91 - 106cm	42 - 50" 106 - 127cm	50 - 54" 127 - 137cm	54 - 58" 137 - 147cm
B Waist	30 - 36" 76 - 91cm	36 - 44" 91 - 111cm	44 - 48" 111 - 121cm	48 - 52" 121 - 132cm
C Hips	38 - 44" 96 - 111cm	44 - 52" 111 - 132cm	52 - 56" 132 - 142cm	56 - 60" 142 - 152cm

Recommended user weight up to max 136kg\*  
 (Please ensure that the lanyard used is suitable for this weight)

\*RGH2 BigGuy up to max 150kg when used with BigGuy lanyards