



Fall Protection

Core Product Range Catalogue Fall Protection

www.3M.com/FallProtection

#3MScienceOfSafety

At 3M Fall Protection our mission is to bring every worker at height home safely.

Every day on your job, you climb to new heights with two things in mind: getting your work done well and returning home safely to those you love. Our job? Helping you get there. With our two brands, DBI-SALA® and Protecta®, we offer solutions for all your work at height needs.

ABCs of Fall Protection.

A typical Personal Fall Protection System (PFPS) incorporates key components often described as the ABCs of Fall Protection.

The (A) anchorage/anchorage connector, (B) body support and (C) connecting device – when used together – form a complete system for maximum worker protection. But don't forget the other important components of a comprehensive fall protection programme: (D) descent and rescue, (E) education and (F) fall protection for tools.

A

Anchorage

Anchorage is a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.



B

Body support

Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.



C

Connecting devices

Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.



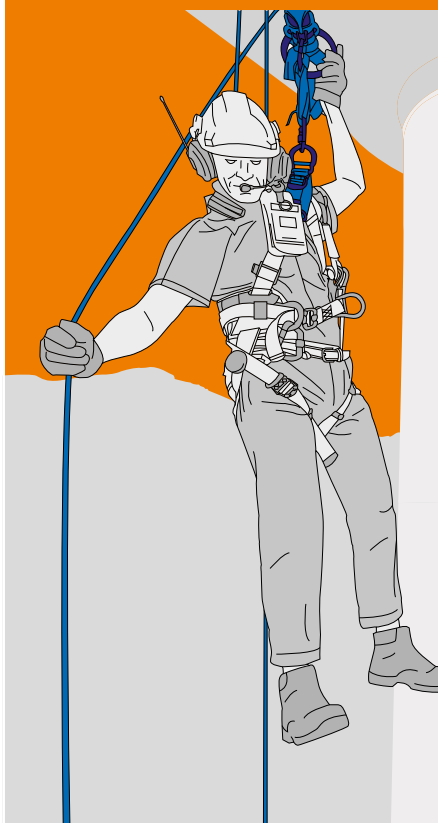
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D

Descent and rescue

Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.



E

Education

We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.



F

Fall protection for tools

Fall protection for tools helps make work environments safer and more productive by reducing dropped object incidents.



*Source: HSE.gov.uk Accident Statistics 2018



Anchorage



Anchorage are a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.

3M™ Protecta® Polyester Webbing Sling

Polyester Webbing anchor straps are built from top quality materials guaranteeing high strength and durability to stand up to the toughest environments.

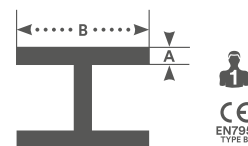


	◀.....▶	kg
AM450/60	25mm x 60cm	0.06
AM450/80	25mm x 80cm	0.07
AM450/100	25mm x 100cm	0.12
AM450/120	25mm x 120cm	0.15
AM450/150	25mm x 150cm	0.25

3M™ DBI-SALA® Fixed Beam Anchor

For complete versatility, anchor can be attached in any orientation and used with a lanyard, self-retracting lifeline, or as end-anchors for a DBI-SALA® horizontal lifeline system

	A	B	kg
2108412	3.81 cm	6.35 - 30.48 cm	2.40



3M™ DBI-SALA® Sliding Beam Anchor

Secure the anchor to the beam using the redesigned adjustment buttons, simply connect your Self-Retracting Lifeline (SRL) or lanyard to the swivelling D-ring and you're ready to work. The anchor point slides effortlessly behind you. User capacity: 141 kg.



	Beam width	Flange thickness	Description	kg
2104711	9 - 35.5 cm (3.5" - 14")	3.2 cm (1.25")	Sliding Beam Anchor, Small (CE)	1.59
2110815	-	-	Replacement wear pads (Small, Set of 2)	0.03

3M™ DBI-SALA® Saflok™ Concrete Wedge Anchor

Installation is simple and efficient, utilising standard concrete tools and can be used vertically in wall or horizontally in ceiling. Exclusive easy grip trigger and quick release plug provides fast and easy operation for both installation and removal.



	kg
2100100	0.30

3M™ DBI-SALA® Saflok™ Toggle Anchor

Installs into concrete or steel in seconds. Activator cable provides toggle mode selection (open or lock). Position indicator visually notifies user if locked or unlocked. Swivelling D-Ring provides a compatible tie-off point.



	kg
2100103	0.35

3M™ DBI-SALA® EZ-Line™ Retractable Horizontal Lifeline System



3M™ DBI SALA® EZ-Line™ is a user friendly and fast to install/remove temporary horizontal lifeline system. EZ-Line's innovative retractable design allows the user to quickly and efficiently set up any length of system in only seconds and dismantle it just as quick. The entire lifeline is retracted into an easy to carry case which eliminates large and bulky coils of cable that are difficult to set up, relocate and store.

	◀.....▶	kg
7605061	18.25 m	14.96



B

Body support

Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.

Selecting the right harness



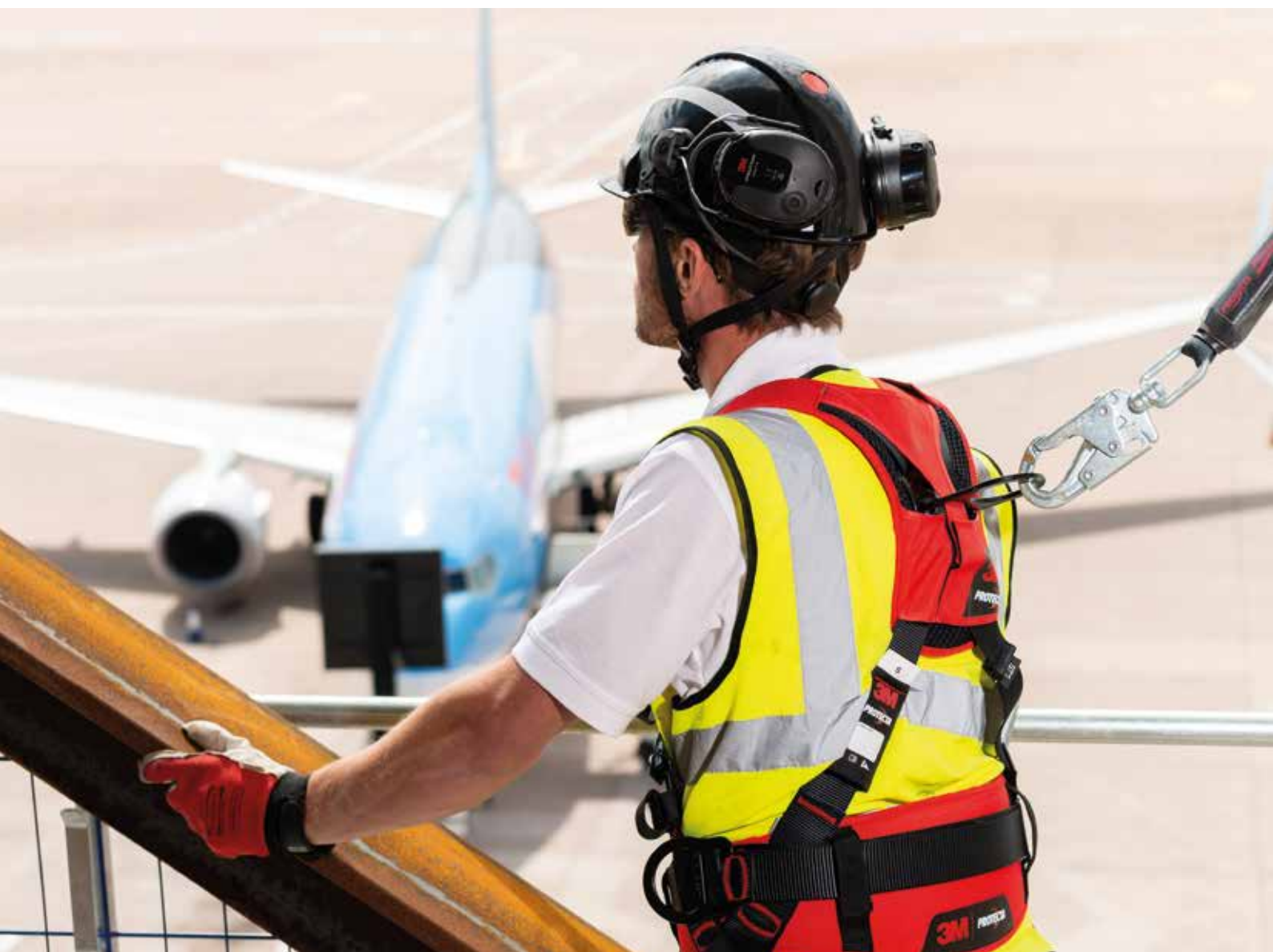
General purpose

- ▶ Construction
- ▶ Scaffolding
- ▶ General industry



Work positioning

- ▶ Telecoms
- ▶ Utilities
- ▶ Oil and gas
- ▶ Renewables / Wind Energy



General purpose harnesses

3M™ Protecta® Fall Arrest Harnesses

3M™ Protecta® Harnesses provide reliable protection, comfort and convenience; all at an affordable price. These new harnesses have enhanced features such as water and stain resistant webbing and auto-resetting lanyard keeper.

- ▶ Pass through or quick connect buckles
- ▶ Rear fall arrest D-ring
- ▶ Models 1161642_43_44 include articulated rings on horizontal leg straps to allow upper and lower body to twist providing greater freedom of movement



CE
EN361

	◀.....▶	kg	Buckle type
1161609_10_11	S_M/L_XL	1.16	Pass through
1161615_16_17	S_M/L_XL	1.42	Quick connect
1161618_19_20	S_M/L_XL	1.26	Pass through
1161642_43_44	S_M/L_XL	1.62	Quick connect



1161609_10_11



1161615_16_17



1161618_19_20



1161642_43_44

3M™ DBI-SALA® Delta™ Harnesses

3M™ DBI-SALA® Delta™ Harness is one of our most popular harnesses with an ergonomic fit and feel, lightweight buckles and high strength webbing. It has a no-tangle triangular pattern, which creates a frame that allows the harness to be easily donned.

- ▶ Pass through or quick connect buckles
- ▶ Stand up rear fall arrest D-ring
- ▶ Revolver vertical torso adjusters
- ▶ Lanyard keepers



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	◀.....▶	kg	Buckle type
1112901_00_02	S_U_XL	1.55	Pass through
1112913_12_14	S_U_XL	1.75	Quick connect



1112901_00_02



1112913_12_14

3M™ DBI-SALA® Delta™ Comfort Harnesses

3M™ DBI-SALA® Delta™ Comfort Harness is one of our most popular harnesses featuring comfortable padding, with an ergonomic fit and feel, lightweight buckles and high strength webbing. It has a no-tangle triangular pattern, which creates a frame that allows the harness to be easily donned.

- Comfort padding on shoulders and legs
- Stand up rear fall arrest D-ring
- Revolver vertical torso adjusters



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3M™ DBI-SALA® ExoFit NEX™ Harness

3M™ DBI-SALA® ExoFit NEX™ Harness is our safety harness built to help you withstand the harshest environments, designed using soft yet durable anti-absorbent, abrasion resistant webbing with long-lasting strength.

This harness features water-repellent webbing helping to keep the harness dry and to reduce the attraction of mould and dirt.

- Comfort padding on shoulders and legs
- Stand up rear fall arrest D-ring
- Revolver vertical torso adjusters
- Trauma relief straps



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	◀.....▶	kg	Buckle type
1112947_46_48	S_U_XL	1.55	Pass through
1112953_52_54	S_U_XL	1.75	Quick connect

	◀.....▶	kg	Buckle type
1113900_01_02_03	S_M_L_XL	1.95	Quick connect



1112947_46_48



1112953_52_54



1113900_01_02_03

Work positioning harnesses

Periodic use

Frequent

3M™ Protecta® Comfort Harnesses with Belt

Our 3M™ Protecta® Comfort Belt Style Fall Arrest Harness harness has enhanced features including water and stain resistant webbing, auto-resetting lanyard keeper, as well as softer and more durable hip padding.

- ▶ Rear fall arrest D-ring
- ▶ Adjustable chest strap height
- ▶ Lanyards keepers(s)



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EN358

			Buckle type
1161627_28_29	S_M/L_XL	1.90	Pass through
1161633_34_35	S_M/L_XL	2.24	Quick connect
1161645_46_47	S_M/L_XL	2.46	Quick connect



3M™ DBI-SALA® Delta™ Harness with belt

3M™ DBI-SALA® Delta™
Harness with Belt
is one of our most
popular harnesses,
with an ergonomic fit
and feel, lightweight
buckles and high strength
webbing. It features
a no-tangle triangular
pattern, which
creates a frame that
allows the harness
to be easily donned.

- ▶ Comfort padding on hips
- ▶ Stand up rear fall arrest D-ring
- ▶ Revolver vertical torso adjusters



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EN358

			Buckle type
1112907_06_08	S_U_XL	2.40	Pass through
1112910_09_11	S_U_XL	2.60	Quick connect



3M™ DBI-SALA® Delta™
Comfort Harness with belt

3M™ DBI-SALA® Delta™ Comfort Harness with Belt features comfortable padding, with an ergonomic fit and feel, lightweight buckles and high strength webbing. It has a no-tangle triangular pattern, which creates a frame that allows the harness to be easily donned. This model comes with a comfortable and convenient work-positioning belt.

- ▶ Comfort padding on shoulders, legs and waist
- ▶ Stand up rear fall arrest D-ring
- ▶ Revolver vertical torso adjusters



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EN358

	◀.....▶	kg	Buckle type
1112962_61_63	S_U_XL	2.40	Pass through
1112965_64_66	S_U_XL	2.60	Quick connect



1112962_61_63



1112965_64_66

3M™ DBI-SALA® ExoFit
NEX™ Harness with belt

3M™ DBI-SALA® ExoFit NEX™ Harness with Belt is our safety harness designed using soft yet durable anti-absorbent, abrasion resistant webbing with long-lasting strength. This model comes with a comfortable and convenient work-positioning belt.

- ▶ Comfort padding on shoulders, legs and waist
- ▶ Stand up rear fall arrest D-ring
- ▶ Revolver vertical torso adjusters
- ▶ Trauma relief straps



CE
EN361

CE
EN358

	◀.....▶	kg	Buckle type
1113910_11_12_13	S_M_L_XL	2.86	Quick connect



1113910_11_12_13



Connecting devices



Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.

Selecting the right fall arrest system

Work positioning and restraint lanyards EN354 & EN358



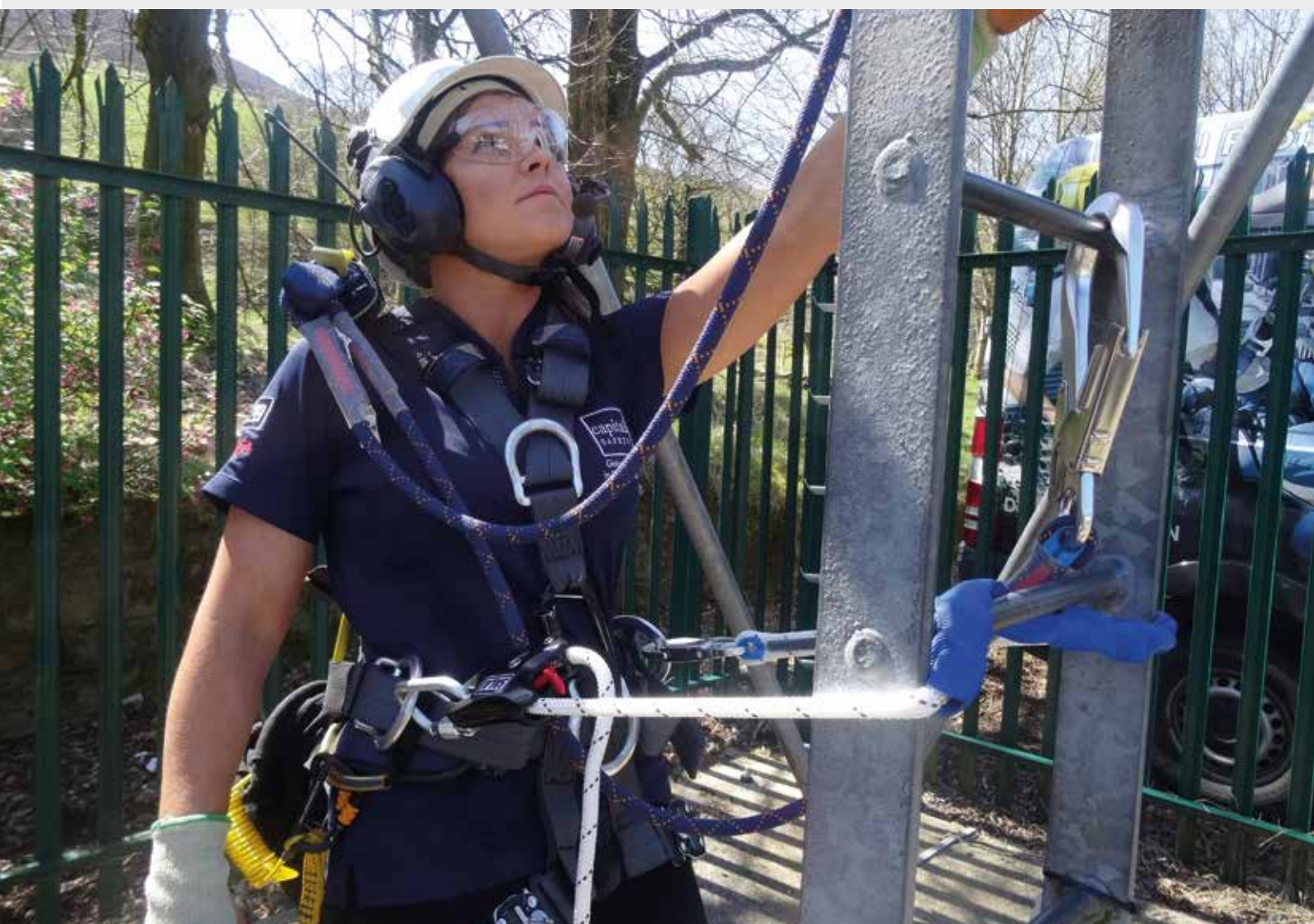
Shock absorbing lanyards EN355



Personal self-retracting lifelines EN360



Self-retracting lifelines EN360



Fall clearances

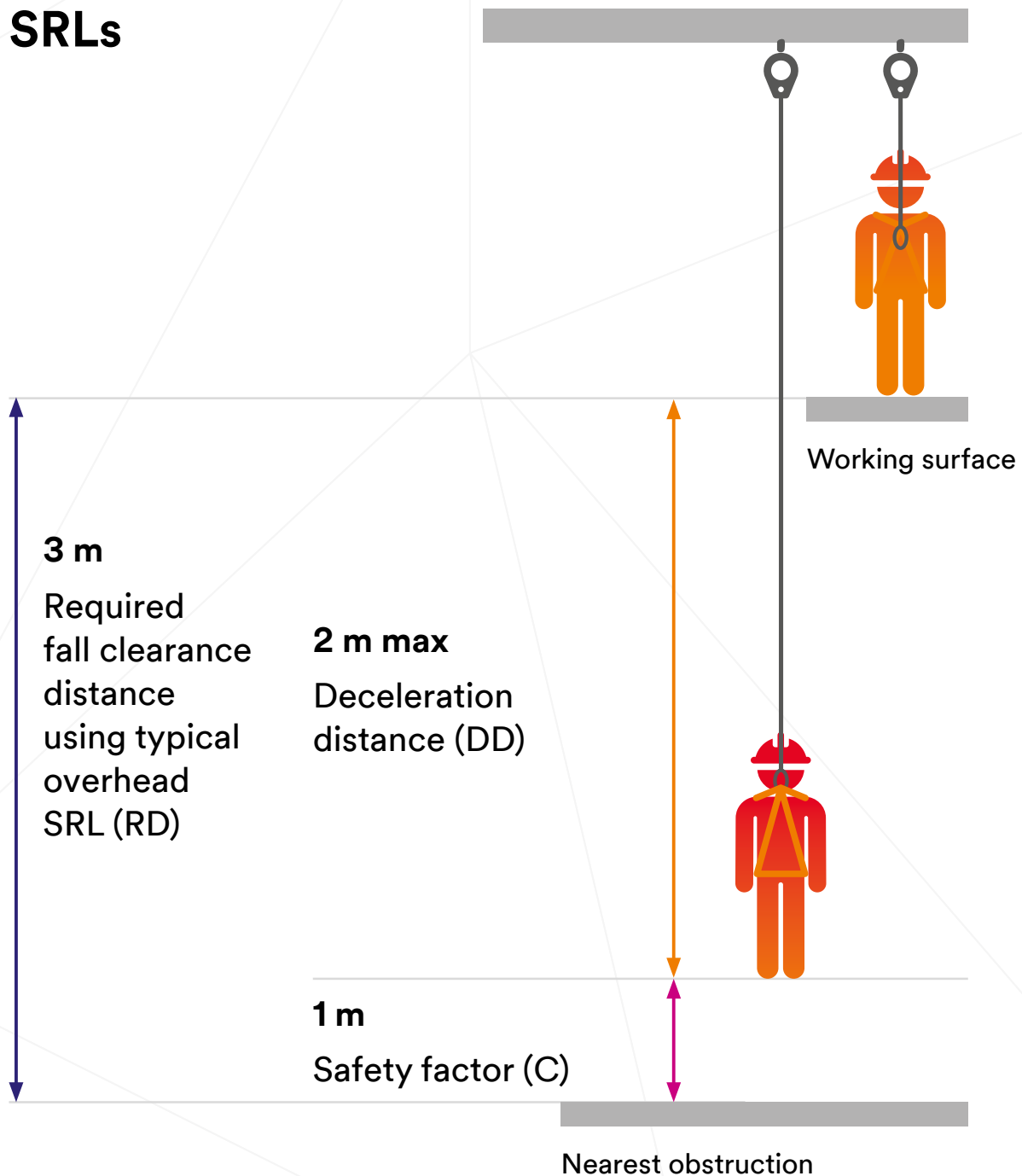
Shock absorbing SRLs vs lanyards

DD = Free fall, lock off and deceleration
(2 m maximum, EN360)

C = Clearance to obstruction during
fall arrest (1 m minimum safety
factor required, EN360)

RD = Required distance below working
surface to nearest obstruction
– $RD = DD + C$

SRLs



LL = Lanyard length (2m)

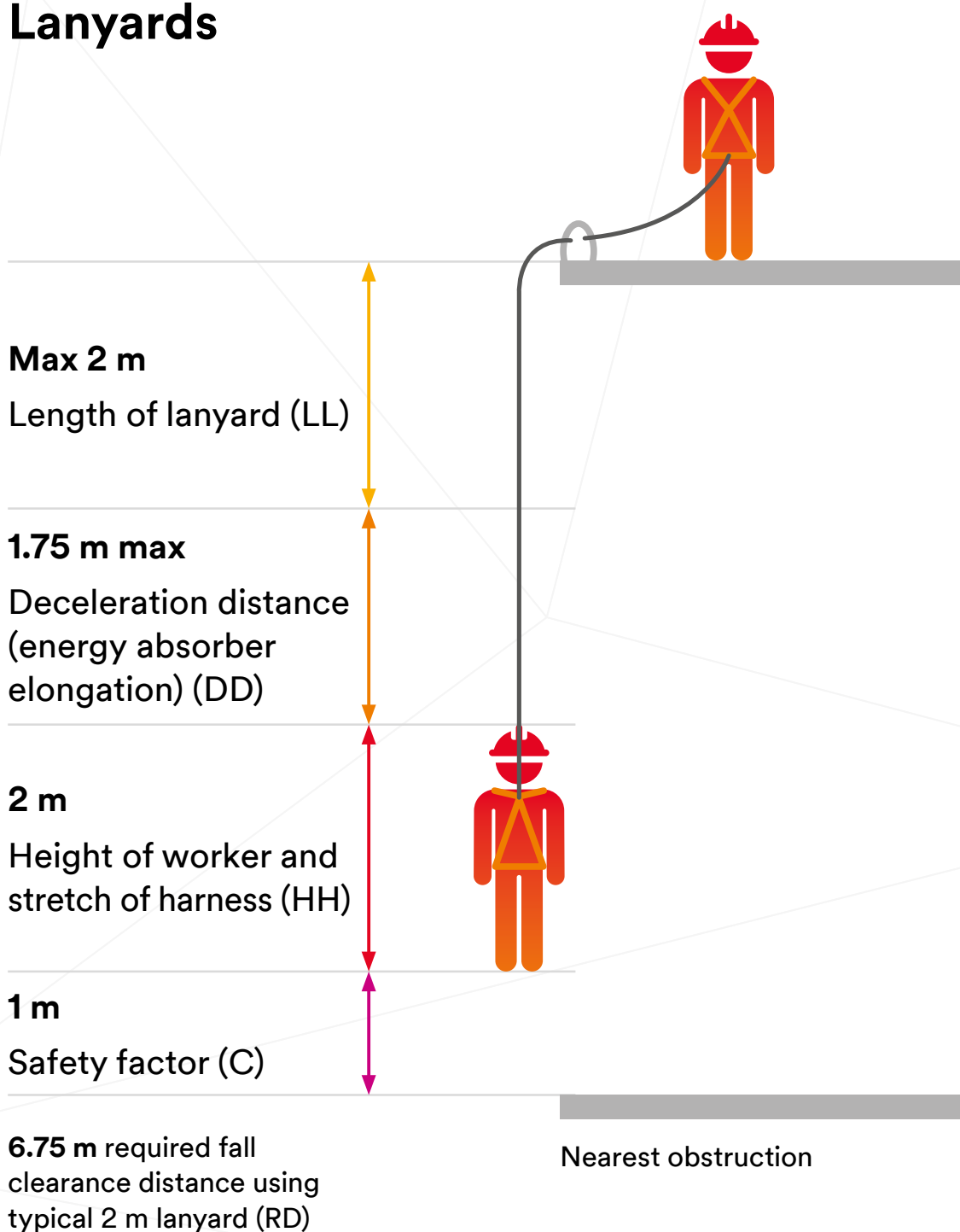
DD = Shock absorber deployment length (1.75m)

HH = Worker displacement and harness extension – 2m

C = Safety factor and clearance under worker – 1m

RD = Minimum free distance below feet of the user to nearest obstruction – $LL + DD + HH + C$

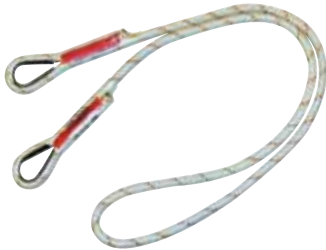
Lanyards



Work restraint and positioning lanyards EN354 & EN358

Fixed length restraint lanyards

3M™ Protecta® Restraint Lanyards



AL410C / AL415C



AL410C2 / AL420C2



AL432/1Y

- ▶ Use a 3M™ Protecta® Rope Restraint Lanyard as part of a restraint system to prevent the user from moving into an area where they may be exposed to a fall
- ▶ Made from 10.5 mm durable and flexible braided polyamide rope



	◀.....▶	kg
AL410C	1 m	0.16
AL410C2	1.3 m	0.07
AL432/1	1.3 m Y	1.39
AL415C	1.5 m	0.15
AL420C2	2 m	0.25

Work positioning lanyards

3M™ Protecta® Trigger Lanyards



- ▶ Trigger device allows simple adjustment for perfect work positioning
- ▶ Simple triple action carabiner connection to Trigger device
- ▶ 10.5 mm kernmantle rope material is durable and easy to adjust through the Trigger device



	◀.....▶	kg
1200314	Adj. to 2 m	0.85

3M™ Protecta® Rope Lanyards



- ▶ Length adjuster allows you to easily adjust the lanyard to your needs
- ▶ 10.5 mm rope diameter



	◀.....▶	kg
AL422	Adj. to 2 m	0.28

Rope grab

3M™ Protecta® Viper LT Rope Grab with energy absorber – edge tested



The Protecta® Viper™ LT Manual Rope Grab, Edge Tested model, is a restraint and fall arrest device which can be used in a variety of vertical and horizontal applications

With its extremely simple opening system, a user can move effortlessly and safely along a Ø 12,5mm rope to perform their daily tasks



	◀.....▶	kg
AC4002	-	0.48

3M™ Protecta® Viper LT Rope



- ▶ Kernmantle rope 12.5 mm diameter with 25 kN screw gate carabiner 17 mm opening



	◀.....▶	kg
AC4010	10 m	1.00

Shock absorbing lanyards EN355

Shock Absorbing Lanyards

3M™ Protecta® Shock Absorbing Rope Lanyard - 140 kg capacity



- ▶ 10.5 mm rope for easy and flexible handling
- ▶ 140 kg max. rated weight capacity - higher than standard fall arrest lanyards
- ▶ Steel snap hook or screw gate carabiner allows for easy and secure body connection



	◀.....▶	Legs	Harness Connector	Anchorage Connector	kg
1260331	2.0 m	Single			0.80
1260333	1.8 m Y	Twin			1.40
1260332	1.8 m Y	Twin			1.40
1260334	Adj. to 2 m	Single			0.80

3M™ Protecta® Shock Absorbing Elastic Webbing Lanyard - 140 kg capacity



- ▶ Elasticated webbing reduces lanyard length when not under tension, reducing the risk of trip and snagging hazards
- ▶ 140 kg max. rated weight capacity - higher than standard fall arrest lanyard



	◀.....▶	Legs	Harness Connector	Anchorage Connector	kg
1260330	1.5 m	Single			1.0
1260329	1.5 m	Twin			1.20
1260328	2.0 m	Single			1.10
1260327	2.0 m	Twin			1.40

3M™ DBI-SALA® EZ-Stop™ Expander Web Lanyard



- ▶ Elasticated webbing reduces lanyard length when not under tension reducing the risk of trip and snagging hazards
- ▶ 35 mm polyester webbing



	◀.....▶	Legs	Harness Connector	kg
1245537	1.25 m	Single		0.90
1245541	2.0 m	Single		1.00
1245534	2.0 m Y	Twin		1.50



Self-retracting lifelines EN360

3M™ Protecta® Rebel™ Self-Retracting Lifelines

Our 3M™ Protecta® Rebel™ Self-Retracting Lifelines are durable and tough and provide an economical fall protection solution without compromising on performance or safety. They are available in a range of lengths of either galvanised steel stainless steel cable or polyester webbing.

Self-Retracting Lifelines

3M™ Protecta® Rebel™ Web Personal Self-Retracting Lifeline



- High strength 25 mm polyester webbing lifeline

CE
EN360

	◀.....▶		 kg
3100420	2.0 m		1.20
3100423	3.0 m		1.40

3M™ Protecta® Rebel™ Web Self-Retracting Lifeline



- High-strength 25 mm polyester webbing

CE
EN360

	◀.....▶		 kg
3100437	6.0 m		2.20

3M™ Protecta® Rebel™ Cable Self-Retracting Lifeline



- 5 mm galvanised steel cable lifeline

CE
EN360

	◀.....▶		 kg
3590520	6.0 m		5.3
3590521	10.0 m		5.6
3590570	15.0 m		7.5
3590610	20.0 m		10

3M™ Protecta® Rebel™ Cable Leading Edge Self-Retracting Lifeline



- Complies with extreme sharp edge standard (VG11.054, type B, 0 mm radius)
- Protects against sharp, abrasive and leading edges found at construction sites



CE
EN360

	◀.....▶		 kg
3590545	12.0 m		8.5

Self-retracting lifelines EN360

Self-Retracting Lifelines

3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifelines

Introducing the new 3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifeline. Trusted for its reliability and durability, the Nano-Lok has been the industry’s go-to personal SRL for many years. Our latest version not only matches the performance of the outgoing model, it surpasses it. It’s sleeker with a more compact design. It’s tougher with the longer-lasting cover. And it’s easier to use and faster to connect.* All whilst complying with CE EN 360:2002.



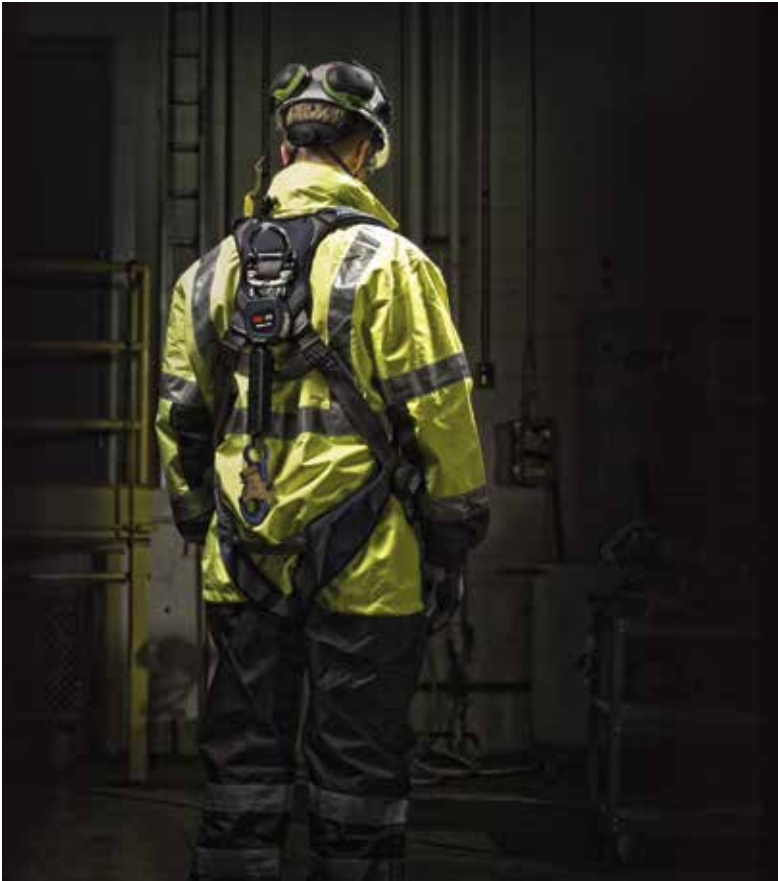
3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifeline



- ▶ Dyneema® and polyester webbing
- ▶ Foot level tie-off with 140 kg capacity

CE
EN360

	◀....▶	⌀	🔗	kg
3101208	2.0 m	⌀	1	1.18
3101298	2.0 m	⌀	2	2.39





Descent and rescue



Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.

3M™ Protecta® Tripod



- ▶ Lightweight, portable Protecta® aluminium tripods are ideal for confined space manhole entry and retrieval
- ▶ 2.35 m (8 ft.) aluminium tripod
- ▶ Telescoping adjustable locking legs
- ▶ Attach one or two mechanical devices such as a winch or 3 way self retracting lifeline and you're ready to go
- ▶ Skid-proof tread plate soles on feet



	◀.....▶	kg
AM100	1.50-2.56m	19.0

3M™ Protecta® Rebel™ SRL, Retrieval



3591002



3590498

AT052/1

- ▶ Use 3M™ Protecta® Rebel™ Cable Self-Retracting Lifeline, Retrieval in confined space applications where an economic solution is required that doesn't compromise on performance or safety
- ▶ 3-way emergency retrieval system
- ▶ Stowable retrieval winch handle
- ▶ Rugged aluminium housing

	◀.....▶	kg
3591002	15.0m	11.9
3590498	Mounting bracket	11.9
AT052/1	Pulley	0.91



E

Education



We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.

Courses available:

- Working at Height
- Confined Space
- Roof working
- Renewables
- Rope Access
- Rescue
- Tower Climbing



Safety Training

Workers' lives are on the line every day, but ensuring their safety starts long before the job begins. No one understands this better than 3M™ Fall Protection. Our training is based on more than 70 years of expertise and jobsite implementation around the globe.

When it comes to protecting your work site, we deliver. We offer superior courses in world-class training facilities, based on standard curriculum's or custom programs specific to your jobsite.

Our training services include:

- Regional facilities to avoid extensive delegate travel or ability to facilitate courses at your own sites
- Ability to build bespoke course programme's to ensure that training meets your specific company requirements
- Access to and use of the widest range of fall protection equipment to ensure delegates receive a broad training experience

Our comprehensive training provides practical, hands-on experience across a full range of fall protection training, fall arrest training and industrial rescue courses at our state-of-the-art training centres located across Europe, as well as on-site training customised to your needs.



Fall Protection for Tools



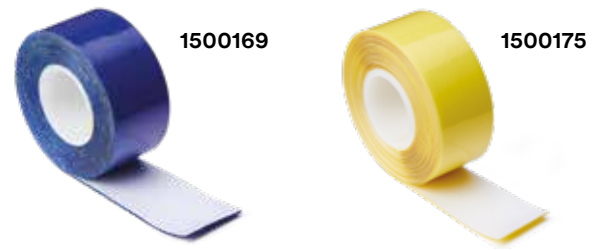
3M™ DBI-SALA® D-ring Attachment



- ▶ These D rings are used with Quick Wrap Tape to create instant attachment points on tools

	Description		
1500003	D-ring 1.3 cm x 5.7 cm (0.5" x 2.25")	0.9 kg (2 lbs)	10
1500007	D-ring 2.5 cm x 8.9 cm (1" x 3.5")	2.3 kg (5 lbs)	10
1500009	D-ring Cord	2.3 kg (5 lbs)	10

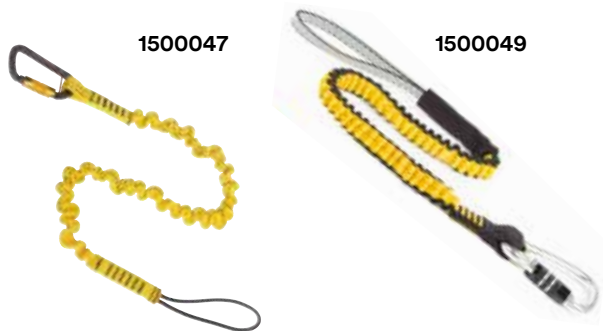
3M™ DBI-SALA® Quick-Wrap Tape II



- ▶ 2.5 cm (1") tape conforms to the shape of whatever it is applied to
- ▶ Use with our D-rings and Tool Cinch Attachments to create instant tethering points on tools

	Description		
1500169	Quick Wrap Tape II, Blue	10	274 cm (108")
1500175	Quick Wrap Tape II, Yellow	10	274 cm (108")

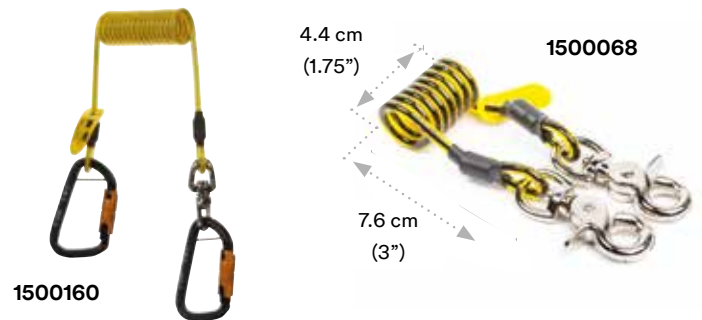
3M™ DBI-SALA® Hook2Loop Bungee Tether



- ▶ Simply slides onto the handle of a tool in seconds

	Description			
1500047	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	1	81 cm (32") - 119 cm (47")
1500048	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	10	81 cm (32") - 119 cm (47")
1500049	Medium-Duty Hook2Loop Bungee Tether	15.9 kg (35 lbs)	1	78 cm (31") - 132 cm (52")

3M™ DBI-SALA® Hook2Hook Coil Tethers



- ▶ Ultra-compact design of our Coil Tethers makes them an ideal alternative to classic bungee tethers

	Description			
1500160	Hook2Hook Coil Tether with Swivel	2.3 kg (5 lbs)	10	10 cm (4") - 157 cm (62")
1500068	Trigger2Trigger Coil Tether	2.3 kg (5 lbs)	10	4 cm (1.75") - 70 cm (24")

3M™ DBI-SALA® Tool Holsters with Retractors



	Description		Attachment
1500104	Single Tool Holster with Retractor	1	Harness
1500107	Dual Tool Holster with Retractor	2	Belt
1500109	Dual Tool Holster with Retractor	2	Harness

3M™ DBI-SALA® Small Parts Pouches



	Description
1500119	Small Parts Pouch, canvas, black
1500120	Small Parts Pouch, canvas, camo
1500121	Small Parts Pouch, canvas, orange
1500122	Small Parts Pouch, vinyl, yellow
1500123	Small Parts Pouch, extra deep, canvas, black

Accessories



	Description	
1500083	Adjustable Wristband	10
1500085	Adjustable Wristband with Cord	10
1500087	Adjustable Wristband with Retractor	10

3M™ DBI-SALA® Tape Measure Holsters



	Description
1500099	Tape Measure Sleeve
1500165	Tape Measure Sleeve - Large
1500100	Tape Measure Holster with Retractor and Sleeve Combo

3M™ DBI-SALA® Spray Can / Bottle Holster



	Description
1500092	Spray Can/Bottle Holster and Clip2Clip

Carabiners



CE
EN362

		Type		kg
AJ514	18mm	⓪	Ⓢ	0.80
AJ501	17mm	⓪	Ⓢ	0.70
AJ593	50mm	⓪	Ⓢ	0.71

Safety straps

3M™ DBI-SALA® Suspension Trauma Safety Straps



- Suspension trauma safety strap can be used in the event of a fall allowing a user to stand, relieving pressure on the arteries and veins around the top of the legs
- Attaches to almost any harness

	kg
9501403	0.14

3M™ Protecta® Harness Accessories

Comfort Padding

3M™ Protecta® Comfort Shoulder and Back Padding



- Comfortable, lightweight and breathable padding for better comfort and shoulder and back protection
- Can be easily fitted or removed by the user

3M™ Protecta® Comfort Leg Padding



- Removable leg pads for additional comfort

	Description		 kg
1150491	Shoulder and Back Padding	1	0.15
1150494	Leg Padding	2	0.35

Safety

3M™ Protecta® Lanyard Keepers



- Auto-resetting lanyard keepers provides easy parking and release of snap hooks or carabiners

3M™ Protecta® Harness Extension Strap



- Elongates the rear fall arrest attachment point of a harness to make it easier to attach and detach a connector of a retractable fall arrest device

CE
EN354

	Description		 kg
1150493	Lanyard Keepers	2	0.20
1150909	Extension Strap	1	0.22

Tool Attachments

3M™ Protecta® Belt Loop D-Rings



3M™ Protecta® Gear Tool Loops



- Tools can be secured while working at heights, to keep people and property safe anywhere below you
- Suitable for use with 3M™ Protecta® Comfort Belt Harness models only

	Description		 kg
1500180	Belt Loops	2	0.50
1150492	Gear Tool Loops	2	0.36

Bags

3M™ Protecta® Back Pack



- 3M™ Protecta® branded rucksack to store and transport your fall arrest equipment

		 kg
9513331	15×30×50cm	0.36

Choosing the right harness.

Look for quality in these features when selecting your harness.



1. Dorsal connection

The main fall arrest point is located on the back, positioned between the shoulder blades. Most harnesses would always include a dorsal attachment point.



7. Stitching

Quality, high strength thread and specifically designed stitch patterns provide maximum strength and durability. Its sewn-in quality you can trust.



2. Webbing

Essential for the durability and safety of the harness, webbing has to be strong enough to endure rough use and exposure to the elements without tearing or fraying. Speciality applications such as welding can benefit from special materials like Nomex®/Kevlar® that offer high temperature resistance.



8. Padding

Cushioned shoulder, leg and hip pads keep the pressure off, providing extra worker comfort for long hours of wear. In a fall, they absorb shock and help distribute your weight. They may be built-in to avoid slipping or may be removable.



3. Adjusting points

Whether you wear a harness 4 hours a day or 14, it needs to fit correctly for safety and comfort. Harnesses with adjusting points on the legs, waist (belt models), chest and torso allow a better fit.



9. Suspension relief straps

Built in, or retrofit, they are quickly deployed by the user in the event of a fall. They provide a web loop allowing the user to stand and relieve some pressure from the legs.



4. Leg straps

Depending on worker preference, leg strap fasteners may be available in different styles, including:

-  Pass Through Buckle
-  Quick Connect Buckle
-  Tongue & Grommet Buckle



10. Impact indicators

Impact indicators provide immediate notice that the worker and harness have been in a fall. This feature promotes safety and proper inspection.



5. Pelvic support

A sub-pelvic strap provides additional support, security and comfort for the user. Properly positioned, it better distributes forces during a fall.



11. Lanyard keepers

A lanyard keeper provides a place to park your lanyard when not in use. It prevents tripping and entanglement for enhanced safety and will breakaway, saving the user from potentially high impact forces, due to 'short circuiting' of the absorber.



6. Book style labels

Book style labels put product and inspection information at the workers' fingertips. Pages may include sizing, operating instructions, inspection log, warning labels and compliance information. These labels promote quick inspection, compliance and safety.



12. Breathable linings

The 3M™ DBI-SALA® ExoFit™ Harness Series of harnesses feature breathable linings that wick moisture away from your body. So you stay dry and comfortable in heat or cold.

Fall protection harness fitting instructions.

Before starting.

Remove all items from your pockets, as during work, or most importantly in the event of a fall, objects in pockets can become trapped between the harness webbing and the wearers body, potentially causing injury. Always refer to instruction for use supplied with the specific harness concerning correct fitting and adjusting.



Step 1. Getting started.

Hold harness by back D-Ring, which is often held in place by a D-Ring pad, make certain straps are not twisted.



Step 2. Shoulder straps.

Slip harness over arms and onto shoulders. Make certain all straps are not tangled and hang freely.



Step 3. Leg straps.

Reach between your legs and grasp the leg strap on your left side. Bring the strap up between your legs and connect it with the buckle on the left side. Connect the right leg strap using the same procedure.



Step 4. Chest straps.

Attach the chest strap buckle to the corresponding opposite side buckle.



Step 5. Waist Belt (if present).

Attach the waist strap buckle to the corresponding opposite side buckle.



Step 6. Adjust harness to a snug fit.

Adjust shoulder straps to a snug fit with the Vertical Torso Adjusters. The left and right sides of shoulder straps should be adjusted to the same length and the chest strap should be centred on your lower chest, approx. 15 cm down from shoulder. The front D-Ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps.

Centre the back D-Ring between your shoulder blades. Note: On applicable models, the back (dorsal) D-Ring can be repositioned up or down on the harness webbing as needed for a correct fit. Re-adjust leg straps to a snug fit. At least 8 cm of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).

You're ready to go!

A properly donned and adjusted full body harness will effectively distribute impact forces throughout your body and provide appropriate support during suspension and rescue following a fall.

Visit www.3M.com/fallprotection for more information on how to adjust your harness and what types of buckles are available.



Icons

Self-Retracting Lifelines icons.



Housing



Double Action Swivel



Retrieval Winch



RSQ



Load Rating/ Capacity



Leading Edge



Self Locking Swivel Hook



Lifeline Material



Fall Indicator



Connector Material



Carabiner



Captive Eye



Rebar Hook



Scaffold Hook



Snap Hook



Swivelling Opening Hook



3M™ DBI-SALA® Saflok™ Carabiner



Webbing Width



Twin Leg

Lanyard icons.

General:



Dimension



Kilogrammes



Certification

Type:



Material Type



Material: Aluminium



Material: Steel

Lanyards:



Lanyard



Twin Leg



Tie-Back



Loops with Thimbles



Carabiner



Screw Carabiner



Gate Strength (Value)



Size of gate opening



Twist Lock



Connector: Lanyard End



Connector: User End



Rope Type



3M™ DBI-SALA® EZ-Stop™ WrapBax™ Hook



Scaffold Hook



Snap Hook

Harness icons.

							
Chest	Leg	Shoulders	Waist	180° Positioning Belt			
							
Adjustable Chest	Adjustable Leg	Adjustable Shoulder	Adjustable Waist	Adjustable Waist with Back Pad	Dorsal D-Ring	Sternal D-Ring	Work Positioning
							
Pectoral D-Ring	Rescue Attachment Point	Suspension Attachment Point	Fall Indicator	Carrying Pocket	Rigid Hip Padding Loops	Rigid Shoulder Caps	Front Loops
							
3M™ DBI-SALA® Duo-Lok™ Quick Connect Buckle	Pass Through Buckle	Quick Connect Buckle	3M™ DBI-SALA® Tri-Lock Quick- Connect Buckles	Tongue & Grommet Buckle	3M™ DBI-SALA® Tri-Lock Revolver™ Connectors	Comfort Padding	3M™ DBI-SALA® TechLite™

Certification.

The European Commission has published a certain number of standards intended to control the design and use of rescue and personal protection equipment against falls from height. These standards must be adhered to, and are applicable in all the member states.

CE
EN353-1

Guided type fall
arresters including
a rigid anchor line

CE
EN353-2

Guided type fall
arresters including
a flexible anchor line

CE
EN354

Lanyards

CE
EN355

Energy
absorbers

CE
EN358

Belts and restraint
lanyards for work
positioning

CE
EN360

Retractable
type fall
arresters

CE
EN361

Full body
harness

CE
EN362

Connectors

CE
EN363

Personal fall
protection systems

CE
EN364

Test methods

CE
EN365

General requirements
for instructions for use,
maintenance, periodic
examination, repair,
marking and packaging

CE
EN397

Industrial
safety helmets

CE
EN795

Anchor
devices

CE
EN813

Sit
harnesses

CE
EN1497

Rescue
harnesses

EN
341

Descender
devices

EN
1496

Rescue
lifting devices

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