



00

**Height Safety
Lifting
Load Control
Safety Management**

**HARNESS SIZING
CHART**

All SpanSet harness are rated 150kg.
Ordering example for MED = 1100 ERGO-0
Ordering example for LGE = 1100 ERGO-L
Ordering example for X-LGE = 1100 ERGO-XL
Always check Lanyard/Connection Device rating.

Shirt Size

Harness Size	M	L	XL	2XL	3XL	4XL	5XL	6XL
Medium	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Light Grey	Light Grey	Light Grey	Light Grey
Large	Light Grey	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Light Grey	Light Grey	Light Grey
X Large	Light Grey	Light Grey	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Light Grey	Light Grey
2X Large	Light Grey	Light Grey	Light Grey	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Light Grey
3X Large	Light Grey	Light Grey	Light Grey	Light Grey	Dark Blue	Dark Blue	Dark Blue	Dark Blue