

# Choosing your harness

Look for quality in these features when selecting your harness.

## 1 Dorsal connection

The fall arrest attachment point must be located on the back, positioned between the shoulder blades. Your harness must always include a dorsal attachment point, but some may also allow you to attach SRLs without pulling up the webbing or impeding use of the D-ring, like with our EZ-Link™ Technology.



## 2 Webbing

Webbing is an important factor in the durability and safety of the harness. Ensure that the webbing is strong enough to endure rough use, exposure to sunlight and other elements without tearing or fraying. Specialty applications such as welding and electrical maintenance require the use of Nomex®/Kevlar® fibers or nylon that offers fire resistance or arc flash protection.

## 3 Adjusting points

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

## 4 Leg straps

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



Tongue Buckle



Pass-Through Buckle



Quick-Connect Buckle

## 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.



## 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.



## 7 Stitching

Double box stitching provides maximum strength and durability. It's sewn-in quality you can trust.



## 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.



## 9 Seat slings

A removable seat sling provides job versatility and added comfort during long hours of use.



## 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.



## 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.



## 12 Breathable linings

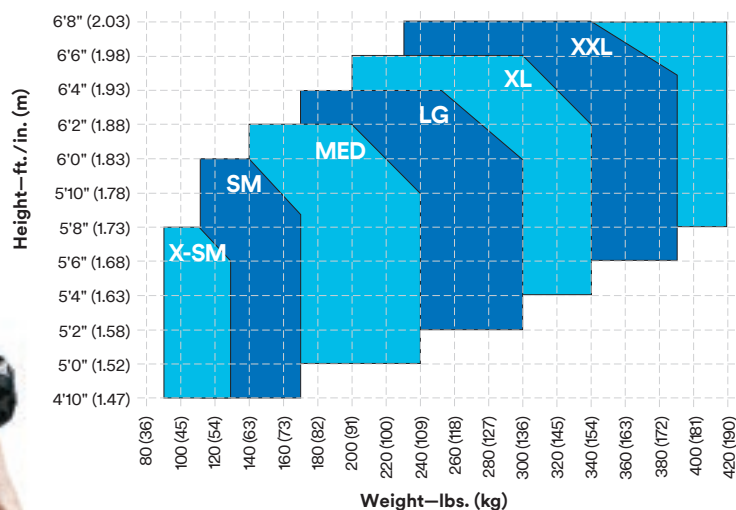
Breathable linings, like those found in ExoFit™ Harnesses, wick moisture away from your body, so you stay dry and comfortable in heat or cold.



## 13 Trauma straps

Suspension trauma straps are easily deployed and hook together in seconds, allowing you to stand up while suspended in harness with one or both feet to relieve leg trauma.

3M DBI-SALA Full-Body Harness Sizing Chart



## Which 3M DBI-SALA Harness is right for you?

**ExoFit™ STRATA™** | The light-wearing full-body harness that's ideal for those who wear personal SRLs. (See page 16)

**ExoFit NEX™** | The gold standard in comfort, function and durability. (See page 20)

**ExoFit™** | The original comfort harness. (See page 30)

**Delta™ Comfort** | A full-body harness that's comfortable and dependable. (See page 34)

**Delta™** | The workhorse of the industry: Durable, convenient and comfortable. (See page 36)

## Types of harnesses

3M™ DBI-SALA® Harnesses are available in different types, with various features, depending on their intended use.



### Multi-purpose harness

This type typically includes extra attachment points which allow work in a variety of situations. The belt and pad provide additional back lumbar support, positioning rings and tool carrying options.



### Work positioning harness

These harnesses have positioning D-rings located on the hips for use with pole straps or work positioning lanyards, which allow hands-free operation. Harnesses of this kind may include integral waist belts.



### Ladder climbing harness

Harnesses with a frontal attachment point, for connection to permanent ladder safety systems.



### Descent control harness

These harnesses typically have frontal attachment points for use with descent control devices.



### Confined entry/retrieval harness

One attachment point located on each shoulder strap facilitates upright retrieval from confined spaces.



### Suspension/rigging harness

These harnesses typically include extra attachment points such as back, front and side D-rings, which allow use in a variety of climbing, positioning, descent and rescue applications.