



# HARNESS SIZING CHART

A full array of standard design full body harnesses to be used in fall arrest, work positioning, suspension, retrieval and rappelling applications. Buckingham Manufacturing allows you to design a harness from our matrix or to specify a non-standard size. We'll manufacture the harness to accommodate your needs. Non standard harnesses and sizes are not returnable.

*Buckingham full body harnesses are manufactured and rated to comply with the requirements of the applicable ANSI Z359 and ASTM F887 (i.e. electric arc performance) standards. ANSI Z359 recognizes the use of full body harnesses only within a user weight range of 130 to 310 pounds. Buckingham, outside of the ANSI Z359 requirements, rates its full body harness for use by individuals weighing up to 420 pounds (fully equipped) only when used with an equivalently rated energy absorbing lanyard or personal fall limiter.*

**ALL HARNESSES ARE MANUFACTURED TO MEET ANSI Z359.11-14**

## HARNESS SIZING MATRIX

Chest Size						
Height	34 - 36	38 - 40	42 - 44	46 - 48	50 - 54	56 - 60
5'4" - 5'7"	S	S	M	L	X	XX
5'8" - 5'11"	S	M	L	X	XX	XXX
6'0" - 6'3"	M	M	L	X	XX	XXX
6'3" +	L	L	X	X	XX	XXX

### ANSI Criteria for Harnesses ANSI Z359.11-2014

#### Frontal Attachment Criteria

- Limit to 2' free fall with maximum arresting force of 900 lbs.
- Tether should be ≤ 12"

S = Small; M = Medium; L = Large, X = Extra Large; XX = 2X; XXX = 3X

## HARNESS & BODY BELT COMBINATIONS

Buckingham Harness and Body Belt combinations are ideal for individuals working where both Fall Protection and Work Positioning are required. Any lineman's body belt can be permanently attached to a harness by means of stitching or by web loops. If you want a belt that can be removed, Buckingham offers quick connect nylon clips attached to the harness that keeps the body belt in place.