



Fall Protection

X300

3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harnesses

Gear up with confidence, quality and performance.

Backed by science to fit your body.

Our new quick-connect chest buckle, simplified harness sizing ranges and leg straps have been designed with you in mind. No matter the season, wardrobe or body shape, the 3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harness will help ensure you select a harness that fits your body securely. The new X-Style X300 harnesses come equipped with many of the same X300 product line features and benefits, with notable differences indicated below.

Sizing:

- New adaptable size range helps ensure you select a harness that fits your body securely
- Adaptable size range simplifies harness selection and helps ensure harnesses can adapt to different seasons, wardrobes and body shapes



Leg straps:

- Secure, independently adaptable leg strap design conforms optimally for a more comfortable fit
- New horizontal leg straps position more favorably on the legs for a more comfortable fit
- New leg straps complement the range of motion workers require on the jobsite



Comfort back pad:

- X-Style comfort padding extends additional padding surface to the chest area



X-Style chest buckle:

- New patent pending quick-connect chest buckle
- Contoured form-fitting chest configuration dons easily in 'X' shape, eliminating traditional chest strap web
- Crossover style buckle contours to your body providing an optimal central connection



Product Configurations and Part Numbers



General Industry



General Industry Climbing



General Industry Climbing/Positioning



Construction



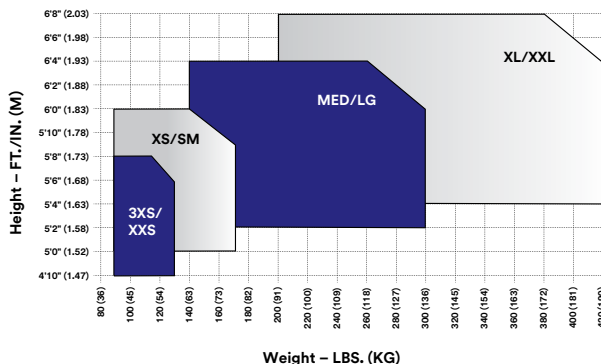
Telecommunications



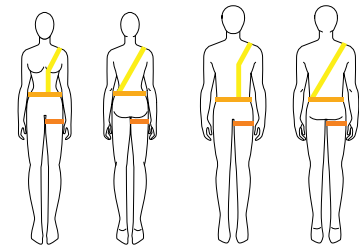
Wind Energy

X-Style					
Harness Style	Configuration (D-ring locations Leg Buckles Chest Buckle)	3X-Small / 2X-Small	X-Small/ Small	Medium/ Large	X-Large/ 2X-Large
Vest General Industry	Back Auto-Locking Quick-Connect X-Style Quick-Connect	1403237	1403198	1403199	1403200
Vest Climbing	Back, Front Auto-Locking Quick-Connect X-Style Quick-Connect	1403238	1403201	1403202	1403203
Vest Climbing/Positioning	Back, Front, Hips Auto-Locking Quick-Connect X-Style Quick-Connect	1403239	1403204	1403205	1403206
Construction	Back, Hips Auto-Locking Quick-Connect X-Style Quick-Connect	1403240	1403207	1403208	1403209
Telecommunications	Back, Front, Hips, Seat Sling Auto-Locking Quick-Connect X-Style Quick-Connect	1403241	1403210	1403211	1403212
Wind Energy	Back, Front, Hips Auto-Locking Quick-Connect X-Style Quick-Connect	1403242	1403213	1403214	1403215

3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harness Sizing Chart



Torso	Measure from 3 inches left of navel. Upward over left shoulder towards lower side of back.
Waist	Measure the circumference around the waist just under the navel.
Leg	Measure the circumference around the thigh starting 2 inches below the crotch.



X-Style Vest Harness Sizing	3X/2X - SMALL	XS/S - SMALL	M/L - MEDIUM / LARGE	XL / 2XL - EXTRA LARGE
HEIGHT Range	4 ft. 10 in. - 5 ft. 8 in.	5 ft. 0 in. - 6 ft. 0 in.	5 ft. 2 in. - 6 ft. 4 in.	5 ft. 4 in. - 6 ft. 8 in.
METRIC	147 cm - 173 cm	152 cm - 183 cm	157 cm - 194 cm	163 cm - 203 cm
WEIGHT range	90 lbs. - 130 lbs.	90 lbs. - 170 lbs.	140 lbs. - 300 lbs.	200 lbs. - 420 lbs.
METRIC	41 kg - 59 kg	41 kg - 77 kg	64 kg - 136 kg	91 kg - 191 kg
HARNESS TORSO LENGTH	33 in. - 39 in.	35 in. - 44 in.	37 in. - 49 in.	39 in. - 54 in.
METRIC	84 cm - 99 cm	89 cm - 112 cm	94 cm - 124 cm	99 cm - 137 cm
HARNESS LEG CIRCUMFERENCE	12 in. - 26 in.	14 in. - 31 in.	16 in. - 36 in.	18 in. - 41 in.
METRIC	30 cm - 66 cm	36 cm - 79 cm	41 cm - 91 cm	46 cm - 104 cm

X-Style Construction Harness Sizing	3X/2X - SMALL	XS/S - SMALL	M/L - MEDIUM / LARGE	XL / 2XL - EXTRA LARGE
HEIGHT Range	4ft. 10in. - 5ft. 8in.	5 ft. 0 in. - 6 ft. 0 in.	5 ft. 2 in. - 6 ft. 4 in.	5ft. 4in. - 6ft. 8in.
METRIC	147 cm - 173 cm	152 cm - 183 cm	157 cm - 194 cm	163 cm - 203 cm
WEIGHT range	90 lbs. - 130 lbs.	90 lbs. - 170 lbs.	140 lbs. - 300 lbs.	200 lbs. - 420 lbs.
METRIC	41 kg - 59 kg	41 kg - 77 kg	64 kg - 136 kg	91 kg - 191 kg
HARNESS TORSO LENGTH	33 in. - 39 in.	35 in. - 44 in.	37 in. - 49 in.	39 in. - 54 in.
METRIC	84 cm - 99 cm	89 cm - 112 cm	94 cm - 124 cm	99 cm - 137 cm
HARNESS WAIST CIRCUMFERENCE	31 in. - 36 in.	34 in. - 41 in.	37 in. - 47 in.	40 in. - 53 in.
METRIC	79 cm - 91 cm	86 cm - 104 cm	94 cm - 119 cm	102 cm - 135 cm
HARNESS LEG CIRCUMFERENCE	12 in. - 26 in.	14 in. - 31 in.	16 in. - 36 in.	18 in. - 41 in.
METRIC	30 cm - 66 cm	36 cm - 79 cm	41 cm - 91 cm	46 cm - 104 cm

3M Full Body Harnesses are designed, tested and certified with a user capacity range of 130 lbs. to 310 lbs. as defined by ANSI/ASSP Z359.11 and up to 420 lbs. conforming with OSHA 29 CFR 1910.140 and 1926.502 regulations. For users below the weight capacity range of 130 lbs., the application shall be evaluated by the employers Competent Person to determine alternate or applicable protection methods.



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