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3M™ Fall Protection Product Catalog

The **Height** of **Confidence**

Dependable Products :: Focused Support :: Quality Fall Protection
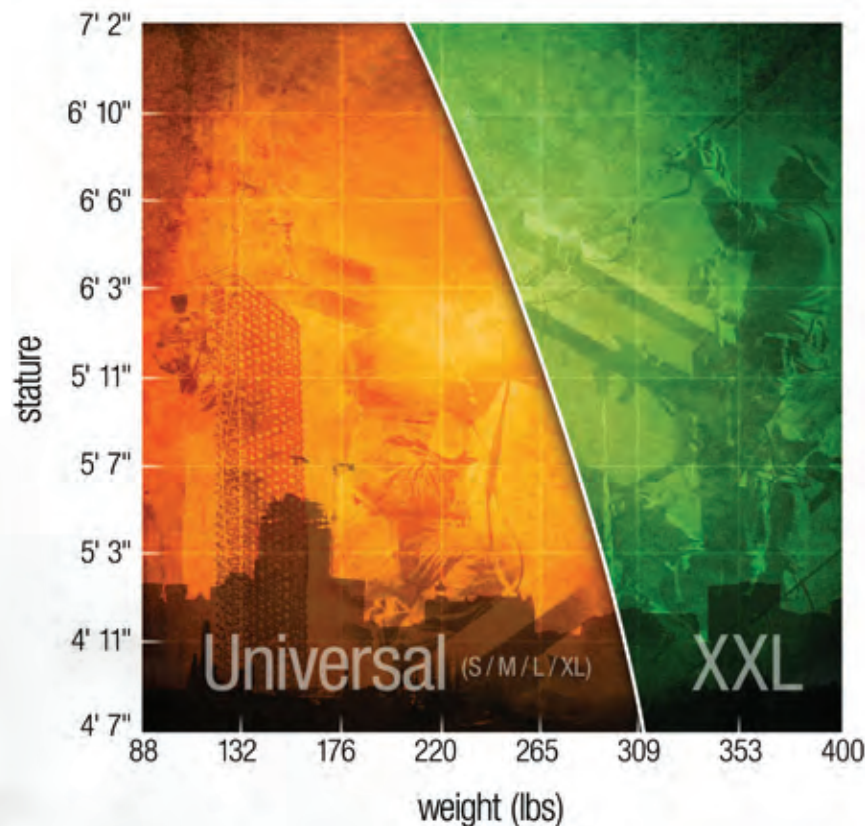
3M™ Fall Protection Harness Guide

In 2009, NIOSH used 3-D whole-body digital scanning technology to establish an improved fall arrest sizing system for the U.S. workforce. The study (NIOSH TIC No. 20035974) incorporated a cross-section of the current U.S. workforce, spanning multiple racial demographics to develop harness sizes that optimized fit and harness performance. We've applied the findings from the NIOSH study to develop a revised harness sizing system.

Non-belted harnesses will move from three distinct sizes to two, and belted or "construction" style harnesses will move from five sizes to three. Please refer to the following sizing chart to determine the appropriate harness.

Harness Style	Legacy Sizing	Updated Sizing
Non-Belted	(S-M), (L-XL), -XXL	Universal, -XXL
Belted	S, M, L, XL, XXL	(S-M), (L-XL), -XXL

Current Customers: Please refer to Appendix A for a complete crossover list of sized harness product codes to new, corresponding universal sized product codes.

Harness Sizing Chart

Belt Size	Waist Size
S-M	30" – 42"
L-XL	40" – 52"
XXL	45" – 57"

All products comply with the requirements of OSHA 29 CFR 1910.66 and 1926.502 regulations.

Harness Family Overview

The SafeLight, Feather, Ameba, and Elavation™ harness families have been expanded to include hundreds of new hardware configurations. These bolstered harness families will help reduce delivery lead times and costs for customers. Harness configurations for vertical lifeline systems, confined space entry and rescue/retrieval and work positioning have been established for each primary harness family.

SafeLight

The SafeLight harness provides quality construction at an exceptional value. This basic harness is a lightweight and economical fall arrest harness for general fall arrest applications.

Feather

The Feather harness is our original harness and remains a popular choice today thanks to its tangle free back D-ring assembly that is designed to lie flat on the user's back.
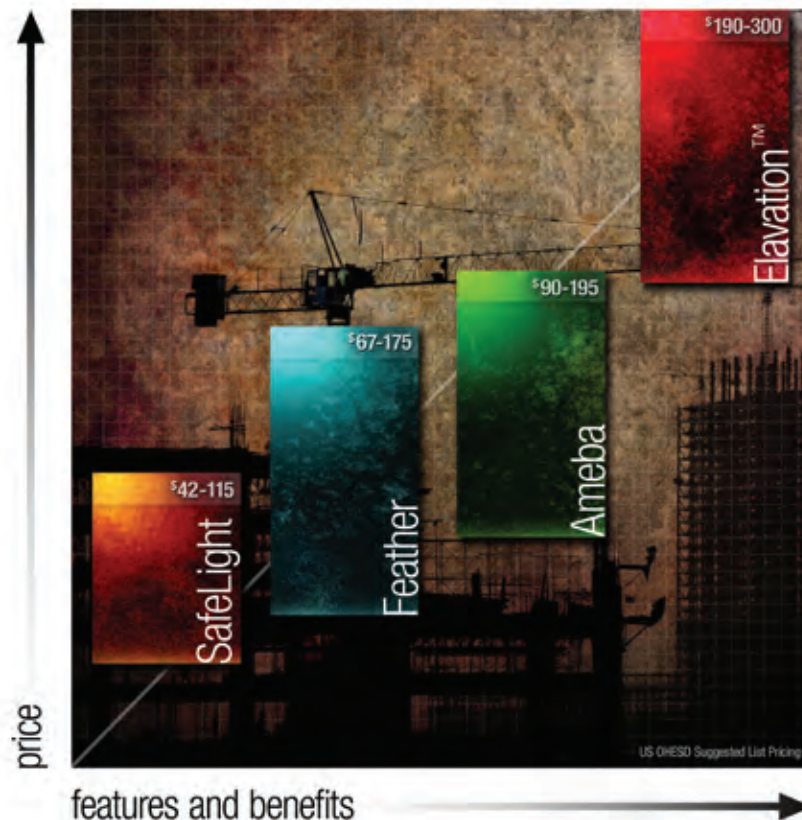
Ameba

The Ameba harness features a special non-elastic helical yarn webbing that is designed to flex with wearers for non-binding comfort. Unlike harnesses that feature an elastic blend webbing, the Ameba web is designed to maintain its shape and integrity over time, and most importantly, during a fall. The soft mesh back pad helps wick moisture away from the body for cooler wear.

Elavation™

The Elavation™ harness incorporates advanced design features that are designed to help make fitting, adjusting and wearing this fall arrest harness easier and more comfortable. Our premium padding is breathable and durable, and the tighter weave of the webbing is designed to help resist damage from abrasion. Integrated web keepers and lanyard storage keepers hold excess material out of the way to reduce potential entanglement hazards.

Price Value Map

price

features and benefits

$190-300 — Elavation™

$90-195 — Ameba

$67-175 — Feather

$42-115 — SafeLight

US OHESD Suggested List Pricing

Harness Guide

Product Code Changes

The creation of expanded harness families necessitated a revised product code system. Here's how it works:

- The first digits denote the **harness family**
  - "75" – Elavation™
  - "14" – Ameba
  - "10" – Feather
  - "109" – SafeLight

- The next digit denotes the **adjustment hardware**
  - "1" – Pass Thru Legs, Pass Thru Chest
  - "5" – Grommet Legs, Pass Thru Chest

- The following digit denotes the **hardware configuration**
  - "0" Back D-ring only
  - "1" Back and Side D-rings
  - "1F" Back, Side, and Front D-rings
  - "2" Back and Side D-rings with Positioning Belt
  - "2F" Back, Side, and Front D-rings with Positioning Belt
  - "3F" Back, Front, and Shoulder D-rings
  - "4F" Back, Front, Side and Shoulder D-rings

- Users can personalize their harnesses by adding **quick-connect buckles** or an **extended D-ring** using an alpha designator. For example:
  - To Add a D-ring Extender to a harness, add an "E" to the end of the harness code.
  - To add Quick Connect (QC) buckles to a harness, add a "Q" to the end of the harness code.
    - If the third digit is a 5 (Grommet Legs), a Quick-Connect Buckle will only be added to the chest
    - If the third digit is a 1 (Pass Thru Legs), a Quick-Connect Buckles will be added to the chest and legs
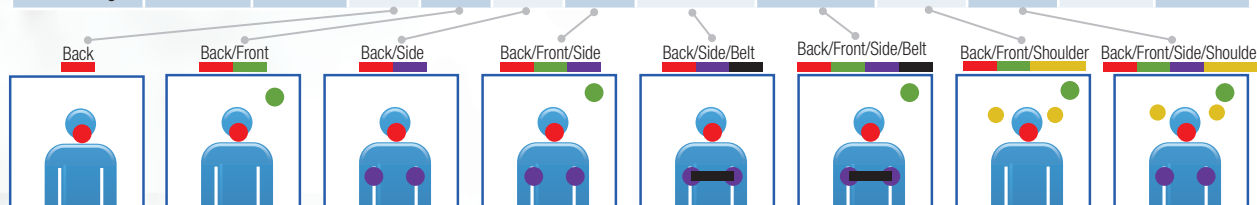
Pass Thru

Grommet

Quick Connect (QC)

Sizing

- Elavation
  - All harnesses styles: S-M; L-XL; XXL

- Ameba, Feather, SafeLight
  - Non-belted harnesses Universal: XXL
  - Belted harnesses: S-M (Fits waist 30"– 42"); L-XL (Fits waist 40"– 52"); XXL (Fits waist 45"– 57")

Product Code Grid

First Digits Family	Third Digit Buckle Option		Fourth Digit/Alpha Hardware Configuration								D-ring Extender	All QC Buckles
	1	5	0	0F	1	1F	2	2F	3F	4F	E	Q
75 Elavation	QC	Grommet	Back	Back	Back	Back	Back	Back	Back	Back		
14 Ameba	Pass Thru	Grommet		Front	Side	Front	Side	Front	Front	Front		
10 Feather	Pass Thru	Grommet			Side	Side	Position Belt	Side	Shoulder	Side		
109 SafeLight	Pass Thru	Grommet						Position Belt		Shoulder	N/A*	N/A*

Back | Back/Front | Back/Side | Back/Front/Side | Back/Side/Belt | Back/Front/Side/Belt | Back/Front/Shoulder | Back/Front/Side/Shoulder

| 0 | 0F | 1 | 1F | 2 | 2F | 3F | 4F |
| A | A, L | A, P | A, L, P | A, P | A, L, P | A, L, E | A, L, P, E |

CSA Class:

*D-ring Extender and All QC Buckles are not applicable to SafeLight Harnesses.

Harness Guide

Using the Product Code Grid to Create your Harness
Example 1

Harness customization options are designated by a specific code number or letter. Specifying the harness family, buckle option, hardware configuration, D-ring Extender, and Quick Connect buckle option and harness size produces a code for ordering your harness.

First Digits Family	Third Digit Buckle Option		Fourth Digit/Alpha Hardware Configuration								D-ring Extender	All QC Buckles
	1	5	0	0F	1	1F	2	2F	3F	4F	E	Q
75 Elavation	QC	Grommet	Back	Back	Back	Back	Back	Back	Back	Back		
14 Ameba	Pass Thru	Grommet		Front	Side	Front	Side	Front	Front	Front		
10 Feather	Pass Thru	Grommet			Side	Position Belt	Side	Shoulder	Side			
109 SafeLight	Pass Thru	Grommet					Position Belt		Shoulder	N/A*	N/A*

Your Selections

- **75** — First digits = harness family
- **5** — Second to last digit = adjustment hardware
- **2F** — Last digit = hardware configuration
- **Q** — Quick Connect Chest Buckle

Your Code

7552FQ (S-M)

(S-M) add size designation to end of code

Your Harness

=

- **Elavation Harness**
- **Grommet Leg Hardware**
- **Back, Front, and Side D-rings with Positioning Belt**
- **Quick Connect Chest Buckle**
- **S-M Size**

Harness Guide

Using the Product Code Grid to Create your Harness
Example 2

First Digits Family		Third Digit Buckle Option		Fourth Digit/Alpha Hardware Configuration								D-ring Extender	All QC Buckles
		1	5	0	0F	1	1F	2	2F	3F	4F	E	Q
75	Elavation	QC	Grommet	Back	Back	Back	Back	Back	Back	Back	Back		
14	Ameba	Pass Thru	Grommet		Front	Side	Front	Side	Front	Front	Front		
10	Feather	Pass Thru	Grommet				Side	Position Belt	Side	Shoulder	Side		
109	SafeLight	Pass Thru	Grommet					Position Belt		Shoulder	N/A*	N/A*

Your Selections

10 First digits = harness family

1 Second to last digit = adjustment hardware

0 Last digit = hardware configuration

Your Code

1010

Your Harness

=

- **Feather Harness**
- **Pass-Thru Legs**
- **Back D-ring**
- **Universal Size**

Harness Guide

Logo Program

3M offers the option to add a custom logo to select harness families.
Follow these guidelines to ensure 3M can help customize your order.

Eligible Harnesses
SafeLight
Feather
Ameba
Elavation™
Saturn
Wind Energy Harnesses

*Please refer to Appendix B for a complete
list of eligible harnesses with corresponding
3M UPC's and Product Codes.*

Harness Logo Specifications:
Dimensions – 1-1/2" x 5" (Height x Width)
Colors – Two maximum
Location – Harness Back Strap
Format – .eps or .ai
   All logos received must comply with the
   3M Harness Logo Program requirements.

Order Instructions:
To order a harness with logo, simply add "-Logo" to the end of any eligible harness product code.

Example:

Harness Family	Product Code	3M ID	3M UPC	Logo Order	3M ID	3M UPC
Ameba	1410	70071599776	70071601036	1410-LOGO	70071599834	10078371635982

Minimum Order Requirements
Minimum 15 piece opening order required for harnesses with logo. Minimum 5 pieces required for reorders.

Please refer to Appendix B for a complete list of logo harness product order information, including product code and UPC.

Harness Guide

3M™ Fall Arrest Harnesses

7512E

Elavation™
The premium 3M™ Fall Arrest Harness

- Premium padding for enhanced comfort and durability
- Intuitive adjustment hardware
- Tight weave web designed for additional abrasion resistance
- Rubber protective shield for label pack
- Integrated lanyard storage and web keepers designed to help reduce entanglement hazards
- Back pad promotes tangle-free donning

75xx Series
Elavation configuration options. See page 6 for product code creation.

Family Digits (Harness and Buckle Type)		Hardware Configuration							D-ring Extender	All QC Buckles
		0	0F	1	1F	2	2F	3F	4F	E	Q
751	Elavation with Quick Connect	Back	Back	Back	Back	Back	Back	Back	Back		
755	Elavation with Grommet		Front	Side	Front	Side	Front	Front	Front		
					Side	Position Belt	Side	Shoulder	Side		
							Position Belt		Shoulder		

1451Q

Ameba
Features comfort forming webbing

- Value padding for added comfort includes moisture wicking properties
- Non-elastic helical yarn moves with wearers to assist comfort and mobility
- Integrated lanyard storage and web keepers designed to help reduce entanglement hazards
- Back pad promotes tangle-free donning
- Laminated sleeve helps protect label

14xx Series
Ameba configuration options. See page 6 for product code creation.

Family Digits (Harness and Buckle Type)		Hardware Configuration							D-ring Extender	All QC Buckles
		0	0F	1	1F	2	2F	3F	4F	E	Q
141	Ameba with Pass Thru	Back	Back	Back	Back	Back	Back	Back	Back		
145	Ameba with Grommet		Front	Side	Front	Side	Front	Front	Front		
					Side	Position Belt	Side	Shoulder	Side		
							Position Belt		Shoulder		