

[MSA FALL PROTECTION – SOLUTIONS FOR SAFETY AT HEIGHTS](#)

Fall Protection personal protective equipment is used by workers in many industries. It is designed and used to prevent accidents at work or to protect against consequences of accidents at work

MSA has been in the business of safety at height since 1930. Today it is at the forefront in both the supply and the range of innovative fall protection products

MSA is truly a global manufacturer of fall protection, with major manufacturing plants in North and South America, Mexico and China, complimented by distribution hubs throughout the world

Our extensive product range include textiles, such as the innovative EVOTECH and MSA Workman line of product, and a selection of hard goods, including self-retracting lanyards and confined space equipment. These are complimented by MSA rescue products, to ensure workers at height have the protection they need at all time

Factors to consider - Guidelines for working at height Fall Protection methods

1. Avoid work at height, where possible
2. Use other measures, such as guard rails, to prevent falls where working at height cannot be avoided
3. Use personal restraint equipment that prevents the user reaching a potential hazard
4. Use personal fall arrest equipment that will minimise the distance and force if a fall should occur.

Remember: You must use the most suitable equipment that gives protection measures, such as guard rails, priority over personal protection fall arrest systems

Eliminate: Modifying the work environment or work duties to prevent the need for individuals to perform tasks at height.

Conventional: Passive means of preventing the worker from a fall over an edge.

Restraint: Using fall protection equipment to restrain a worker from reaching the edge.

Fall Arrest: Using fall protection equipment to arrest a fall in progress.

Work Procedure: Using zones and warnings to make workers aware of the dangers.

Rescue: When work at height is been carried out a rescue plan must be in place

Anchorage: Anchor points are an important part of any system; they should be suitably positioned for the intended operation and should be unquestionably sound

Body support: Full body or lower body harness, general height work, work positioning/suspension, confined space applications. You must select the harness applicable to your work application

Note: MSA does not recommend a lower body harness for use in industrial fall protection applications.

Connection means: What is needed between the anchorage and harness? As a minimum, a lanyard assembly (energy-absorbing lanyard). Possible configurations are fixed length lanyards, adjustable lanyard, tie-back lanyard, twin-tail lanyard. Also available is the MSA range of self-retracting lanyards, both webbing and wire rope.

Rescue: Typically the forgotten term in a PPE selection plan. Suspension trauma can occur in as little as 5 minutes after a person has fallen in a harness. Do not rely on local rescue authorities to be on site within 5 minutes. MSA has a range of simple to use rescue products to assist you in performing a quick, safe and successful rescue. Consult your MSA specialist for advice on all of the above.

Fall Protection Components

Comfort: You want the perfect fit. To ensure a perfect fit, harnesses are available in different sizes. A standard size will fit most workers. See harness sizing selection chart to determine the best size for you

Height in m	50	60	70	80	90	100	110	120	130	140	150	160	170	180
2.00														
1.90												EXTRA LARGE (SXL)		
1.80							LARGE (XLG)							
1.70				MEDIUM (STD)										
1.60	SMALL (XSM)													
1.50														

Ease of Use: You want a harness that is easy for you to get into and adjust. Harnesses are available in primarily two styles:

- **Parachute style (vest style):** A vest type harness is put on like a jacket.
- **Crossover (cross-chest):** A crossover harness is put on over the head, similar to putting on a jumper.

The choice on style is a matter of personal preference. There are also different types of leg and shoulder strap connections available on a harness:

- **Qwik-Fit** (traditional mating buckle) or
- **Secure-Fit/Bayonet style** (auto lock double action unlock)

Both styles offer fast and easy connection and adjustment. The choice of leg strap connections is a matter of personal preference. Many harnesses have multiple attachment points. Fall arrest attachments are labelled with "A", other are for positioning, or raising and lowering:

- **Rear attachment:** Used for fall arrest and can also be used as a rescue attachment.
- **Front attachment:** Used for fall arrest mostly for descent ladder climbing and rescue.
- **Side/Hip attachment:** Used for work positioning activities that allows the worker to perform hands free work
- **Shoulder attachment:** Used for raising a user out of or lowering a worker into, a working environment

Full Body Harnesses

EVOTECH Harness

Using the latest technology in safety and comfort, the EVOTECH harness is designed for all day use from the most demanding of users. The EVOTECH has a host of features including:

1. Breathable padding with moisture-wicking material keeps worker cooler
2. No binding edge on shoulder padding prevents neck chafing
3. Patent-pending leg strap design keeps leg straps in place for increased mobility and comfort
4. Leg strap padding offers additional comfort during work positioning
5. Variable width sub-pelvic strap webbing provides 50% more surface area for improved weight distribution
6. Single-hand torso buckles simplify harness adjustment
7. Convenient 3-position back D-ring allows users to determine optimal lanyard connection position
8. Built-in RFID chip lets you easily track and inspect harness
9. Web finials prevent fraying on web ends for added durability
10. NanoSphere® coating on webbing repels dirt, grease, moisture, and more
11. Reflective piping increases visibility in low-light environments
12. Quick connect buckles and positionable lanyard clip ensure easy wear



- 13. Front and back fall arrest attachment points
- 14. Certified to EN 358 and EN 361 (depending on model)

Part No.	Description
10123403	EVOTECH Harness, small
10123404	EVOTECH Harness, medium
10123405	EVOTECH Harness, large
10123406	EVOTECH Harness, small, waist padding, hip D-rings
10123407	EVOTECH Harness, medium, waist padding, hip D-rings
10123408	EVOTECH Harness, large, waist padding, hip D-rings
10123411	EVOTECH Harness, small, waist padding, dorsal extension, hip & shoulder D-rings
10123412	EVOTECH Harness, medium, waist padding, dorsal extension, hip & shoulder D-rings
10123413	EVOTECH Harness, large, waist padding, dorsal extension, hip & shoulder D-rings
10123414	EVOTECH Harness, small, waist padding, hip & shoulder D-rings
10123415	EVOTECH Harness, medium, waist padding, hip & shoulder D-rings
10123416	EVOTECH Harness, large, waist padding, hip & shoulder D-rings

[TechnaCurv Full Body Harness](#)

The TechnaCurv Full Body Harness was designed with your comfort in mind

1. Curvilinear Comfort System
2. Visco-elastic shoulder padding
3. Innovative web design
4. Secure-Fit buckles
5. Sorbtek fabric on shoulder & sub-pelvic pads
6. Downward-adjusting torso straps to ease adjustment
7. Variable width webbing distributes weight over a wider surface area to increase comfort during suspension/ work positioning (width varies from 42 mm to 67 mm)
8. Integral load indicator
9. Certified to EN 361, EN 358

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Part No.	Description
10105802	TechnaCurv Harness, STD
10105805	TechnaCurv Harness, XLG
10105810	TechnaCurv Harness, SXL

[Gravity Harness](#)

The Gravity Harness is suitable for controlled descent, positioning, ladder climbing, rescue, and fall arrest. It has a cross-over style design and includes back and front D-rings, Qwik-Fit leg straps, and an integral load indicator to alert you when the harness has been involved in a fall event. The harness is certified to EN 361

Part No.	Description
10105562	Gravity Harness, STD, red/blue nylon webbing
10105565	Gravity Harness, XLG, red/blue nylon webbing
10105563	Gravity Harness, STD, black nylon webbing
10105564	Gravity Harness, STD, yellow reflective nylon webbing

ArcSafe Harness

Originally designed in the US to meet the stringent requirements of the ASTM F887-05 standard for arc flash protection up to 40 cal/cm², the ArcSafe harness meets the needs of 7 utility and maintenance workers

1. Nylon web loop attachment points
2. Integral load indicator
3. Y-shaped back web loop locator pad provides comfort by moving the webbing away from the wearer's neck
4. Qwik-Fit leg straps
5. Colour-coded leg and torso straps to simplify donning
6. Downward-adjusting torso straps to ease adjustment
7. Available in vest and cross-chest style
8. Certified to EN 361

Part No.	Description
10119399	ArcSafe Vest-Style Harness, XSM
10119400	ArcSafe Vest-Style Harness, STD
10105548	ArcSafe Vest-Style Harness, XLG
10105549	ArcSafe Vest-Style Harness, SXL
10105546	ArcSafe Cross-Chest Harness, XSM
10105547	ArcSafe Cross-Chest Harness, STD
10119397	ArcSafe Cross-Chest Harness, XLG
10119398	ArcSafe Cross-Chest Harness, SXL