

# ANATOMY OF A HARNESS



**NORTH**  
by Honeywell

- Fall Arrest Attachment Point:** D-ring (large or small) or loop between shoulder blades for fall arrest.
- D-Ring Extender:** 18" D-ring or loop extension attached to the back D-ring of the harness. Makes access to D-ring for lanyard attachment easier, allowing user to check for 100% snap hook gate closure.
- Shoulder D-rings:** Small D-rings at the top of the shoulder. Used with a spreader bar or yoke (Y) lanyard for retrieval and rescue in confined space situations.
- Chest Strap:** Webbing which connects the two shoulder straps together. Connected with a pass-through buckle to keep user in the harness.\*
- Leg Connectors:** Available in pass-through or grommeted versions. Allows for choice in leg closure suited to the application or worker preference.\*
- Comfort Pad:** Soft and firm lumbar support providing support to lower back work positioning applications.
- Body Belt:** Integrated. Excellent support for work positioning and for tool storage.
- Sub-Pelvic Strap:** Webbing strap located just below the buttocks provides comfort in positioning applications and helps distribute forces in the event of a fall.
- Side D-rings:** D-rings located at the hip or just above the hip. Used for work positioning or restraint applications.
- Front D-ring:** D-ring or loop usually on a cross-chest harness. Versatile position can be used for descent, ladder climbing, or rescue application.
- Up Arrow Indicator:** Arrows indicating the fall arrest attachment point of the harness. Up arrows indicate the proper orientation of the harness.\*
- Sternal Loops:** Reinforced web loops for use in rescue and descent applications.

\*Options may differ depending on model.

## SIZING CHART

