



August 31, 2017

To Whom It May Concern:

Re: Minimum and Maximum Harness and Lanyard Capacity

DBI/SALA and Protecta brand harness and lanyard capacities are as follows:  
Capacity range for fall arrest harnesses and shock absorbing lanyards according to ANSI Z359.1 is 130 lbs. to 310 lbs. OSHA does not address a minimum weight capacity. OSHA makes reference to 310 Lbs. maximum capacities but does allow higher capacities if manufacturers take appropriate steps to rate harnesses and lanyards to this higher capacity.

Shock absorbing lanyards have various maximum capacities depending on model and anchor point heights being used. Some shock absorbing lanyards have 310 Lbs. maximum user capacities while others may have 420 Lbs. maximum capacities. Carefully check each shock absorbing lanyard for user capacities and limitations in anchor point height.

3M Fall Protection limits people's fall forces to 10 times gravity (10 G's). Most shock absorbing lanyards have average arresting forces of 900 lbs. Therefore, 3M Fall Protection recommends 90 lb. minimum user capacity for energy absorbing lanyards.

Most 3M Fall Protection full body harnesses have a maximum capacity of 420 lbs. Exceptions are some arc flash harnesses which have 310 Lb. capacities. Personal fall arrest system user capacities are based on highest minimum and lowest maximum capacity rating of anchor point, harness and connector (lanyard) used. Since lanyards determine forces felt by fall victims, minimum lanyard user capacities determine minimum harness capacities. Minimum harness user capacity is 90 lbs. based on persons being subjected to 10 times gravity (10 G's), or 900 lbs. from shock absorbing lanyards.

Sincerely,

**Russ Martin** | Technical Support Specialist  
Personal Safety Division, Fall Protection Business

