FALL PROTECTION · REGULAR-USE PPE

Full-Body Safety Harness

A full-body safety harness is a system of polyester webbing straps that fits around the shoulders, chest, pelvis and thighs and connects a worker to a fall arrest lanyard or lifeline so that forces from a fall are spread safely across the body.

TECHNICAL SPECIFICATIONS	
Standards	EN 361 (fall arrest); EN 358 (work positioning); EN 813 (sit harness) where fitted
Alternative standard	ANSI/ASSP Z359.11; CSA Z259.10
Webbing	45 mm polyester, minimum breaking strength 22 kN
Hardware	Forged alloy steel D-rings and buckles, zinc or powder coated
Attachment points	1 dorsal (2-point), plus sternal and 2 lateral (4- or 5-point)
Rated user mass	100 kg (EN); 140 kg on many models, up to 310 lb ANSI
Sizes	Universal (M–XL); XXL and S/M options
Colours	Black/yellow, orange, red webbing
Packaging	Individually bagged with user manual; 10 per carton

Key features

- 45 mm high-tenacity polyester webbing with contrasting stitching for inspection
- Dorsal D-ring for fall arrest; sternal and side D-rings on multi-point models
- Quick-connect or pass-through buckles on leg straps and chest strap
- Sub-pelvic strap and adjustable shoulder, chest and leg straps
- Fall indicator stitching on the dorsal attachment
- Padded shoulder and leg options with tool loops for extended work

Variants available

- 2-point harness (dorsal and sternal) for general fall arrest
- 4-point harness with side D-rings for positioning on scaffolds
- 5-point harness with ventral ring for rope access and rescue
- Harness and twin-leg lanyard combination kit
- Padded comfort harness for tower and telecom work
- Flame-resistant Kevlar/Nomex harness for hot work

TYPICAL APPLICATIONS	
Construction	scaffolding, formwork, steel erection and edge work above 1.8 m
Oil and gas	tank, flare stack and pipe-rack maintenance to ADNOC and Aramco rules
Facade access	cladding, glazing and gondola operations on high-rise works
Telecom and utilities	tower climbing and overhead line maintenance
Solar and wind	elevated module installation and turbine access
Logistics	truck loading platforms and warehouse racking inspection

COMPLIANCE, BRANDS AND SELECTION

Compliance (UAE / GCC)

UAE Dubai Municipality and Abu Dhabi OSHAD codes of practice require fall protection for work at height, generally from 1.8 m or 2 m, with a full-body harness as the only acceptable body-holding device for fall arrest. Saudi Aramco CSM and ADNOC HSE standards require 100% tie-off above 1.8 m, dorsal attachment for arrest and twin-leg lanyards when moving between anchors. Harnesses must match the lanyard and anchor system as a complete, compatible system.

Brands we supply

Karam, 3M DBI-SALA, Honeywell Miller, Petzl, MSA, Vaultex

How to choose

1. Choose 2-point for basic arrest; add side D-rings if workers need hands-free positioning
2. Match the rated user mass to worker weight including tools (consider 140 kg models)
3. Prefer quick-connect buckles for crews who don and doff several times per shift
4. Specify FR webbing for welding, flare or hot-work areas

Request a quotation

Send quantity, sizes and delivery location. We reply with an itemised quotation and certificates within one working day.

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Product page: albarakaservices.com/products/safety-products/full-body-harness/

Typical specifications for this product class, compiled by Al Baraka Diyar for quotation and tender preparation. This is not a manufacturer datasheet. Exact values, markings, sizes and certificates depend on the brand and model supplied and are confirmed in our quotation and in the manufacturer's test certificates. Always verify suitability with your site HSE officer. Information is subject to change without notice.