



H03210X

ProForm F3 Full Body Harness

FEATURES

- Built in Relief Cords assist user to reach a gravity override seated position after a fall arrest
- Dual-Back pad system allows user to reposition the pad after a fall to reduce pressure on the clavicle
- Innovative roll down torso web keepers allow convenient storage of excess web
- SRL bumper protects lower back from contact when wearing personal SRL's
- Aluminum Cam Torso Adjuster provides easy adjustment for ultimate fit
- Polyester WebAlert™2 inspectable webbing now contains a weather-resistant coating

PROFORM™ F3

FUNCTION | FIT | FREEDOM

WebAlert™2

Inspectable webbing with protective coating repels water and stains



SPECIFICATIONS

Model No.	Size	D-Rings	D-Ring Material	Chest Connection	Leg Connection	Capacity	Approx. Weight	Compliance Standards
H032101	Small	Back; Hip	Aluminum	Quick Connect	Tongue Buckle	400 lbs (181 kg)	6.2 lbs (2.8 kg)	ANSI Z359.11 OSHA 29 CFR 1910 & 1926
H032102	Medium/Large	Back; Hip	Aluminum	Quick Connect	Tongue Buckle	400 lbs (181 kg)	6.3 lbs (2.9 kg)	ANSI Z359.11 OSHA 29 CFR 1910 & 1926
H032104	X-Large	Back; Hip	Aluminum	Quick Connect	Tongue Buckle	400 lbs (181 kg)	6.5 lbs (3.0 kg)	ANSI Z359.11 OSHA 29 CFR 1910 & 1926
H032105	XX-Large	Back; Hip	Aluminum	Quick Connect	Tongue Buckle	400 lbs (181 kg)	6.6 lbs (3.0 kg)	ANSI Z359.11 OSHA 29 CFR 1910 & 1926

⚠ WARNING: Compliant fall protection equipment must only be used as it was designed. Users MUST read and understand all user instructions provided with the product. Before using a fall arrest system, users must be trained in the safe use of the system, as required by OSHA 29 CFR 1910.30 and 1926.503, or local safety regulations. Misuse or failure to follow these warnings and instructions may result in injury or even death.

WORK SAFE! WORK SMART!

Technical Data Sheet

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