



Fall Protection

# X300

# 3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harnesses

Gear up with confidence, quality and performance.

## Backed by science to fit your body.

Our new quick-connect chest buckle, simplified harness sizing ranges and leg straps have been designed with you in mind. No matter the season, wardrobe or body shape, the 3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harness will help ensure you select a harness that fits your body securely. The new X-Style X300 harnesses come equipped with many of the same X300 product line features and benefits, with notable differences indicated below.

### Sizing:

- New adaptable size range helps ensure you select a harness that fits your body securely
- Adaptable size range simplifies harness selection and helps ensure harnesses can adapt to different seasons, wardrobes and body shapes



### Leg straps:

- Secure, independently adaptable leg strap design conforms optimally for a more comfortable fit
- New horizontal leg straps position more favorably on the legs for a more comfortable fit
- New leg straps complement the range of motion workers require on the jobsite

### Comfort back pad:

- X-style comfort padding extends additional padding surface to the chest area



### X-Style chest buckle:

- New patent pending quick-connect chest buckle
- Contoured form-fitting chest configuration dons easily in 'X' shape, eliminating traditional chest strap web
- Crossover style buckle contours to your body providing an optimal central connection



# Product Configurations and Part Numbers



General Industry



General Industry Climbing\*



General Industry Climbing/Positioning\*



Construction



Telecommunications\*

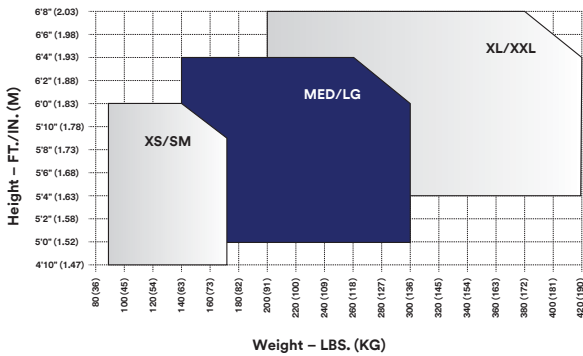


Wind Energy\*

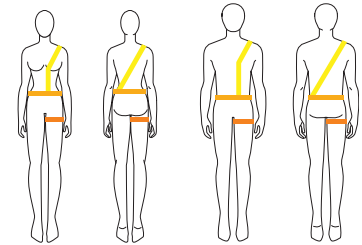
X-Style				
Harness Style	Configuration (D-ring locations   Leg Buckles   Chest Buckle)	X-Small/Small	Medium/Large	X-Large/2X-Large
Vest General Industry	Back   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403198	1403199	1403200
Vest Climbing*	Back, Front   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403201	1403202	1403203
Vest Climbing/Positioning*	Back, Front, Hips   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403204	1403205	1403206
Construction	Back, Front, Hips   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403207	1403208	1403209
Telecommunications*	Back, Front, Hips, Seat Sling   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403210	1403211	1403212
Wind Energy*	Back, Front, Hips   Auto-Locking Quick-Connect   X-Style Quick-Connect	1403213	1403214	1403215

\*Optimize your vertical climbing applications with our 3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Climbing Safety Harness styles equipped with centered front D-ring—coming soon! Contact your local 3M Fall Protection specialist to learn more.

## 3M™ DBI-SALA® ExoFit™ X300 Comfort X-Style Safety Harness Sizing Chart



<b>Torso</b>	Measure from 3 inches left of navel. Upward over left shoulder towards lower side of back.
<b>Waist</b>	Measure the circumference around the waist just under the navel.
<b>Leg</b>	Measure the circumference around the thigh starting 2 inches below the crotch.



Vest Style	X-Small/Small 4 ft. 10 in. – 6 ft. 0 in. (1.47 m – 1.83 m) 90 lbs. – 170 lbs. (41 kg – 77 kg)	Medium/Large 5 ft. 0 in. – 6 ft. 4 in. (1.52 m – 1.94 m) 140 lbs. – 300 lbs. (64 kg – 136 kg)	X-Large/2X-Large 5 ft. 4 in. – 6 ft. 8 in. (1.63 m – 2.0 m) 200 lbs. – 420 lbs. (91 kg – 191 kg)
Harness Torso Length	35 in. – 44 in.	37 in. – 49 in.	39 in. – 54 in.
Harness Leg Circumference	14 in. – 31 in.	16 in. – 36 in.	18 in. – 41 in.

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Harness Torso Length	35 in. – 44 in.	37 in. – 49 in.	39 in. – 54 in.
Harness Waist Circumference	34 in. – 41 in.	37 in. – 47 in.	40 in. – 53 in.
Harness Leg Circumference	14 in. – 31 in.	16 in. – 36 in.	18 in. – 41 in.

3M Full Body Harnesses are designed, tested and certified with a user capacity range of 130 lbs. to 310 lbs. as defined by ANSI/ASSP Z359.11 and up to 420 lbs. conforming with OSHA 29 CFR 1910.140 and 1926.502 regulations. For users below the weight capacity range of 130 lbs., the application shall be evaluated by the employers Competent Person to determine alternate or applicable protection methods.

**3M offers additional sizes in select models. Contact your 3M Fall Protection representative or visit [3M.com/ExoFitHarness](https://www.3m.com/ExoFitHarness)**



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