



Fall Protection

Core Product Range Catalogue Fall Protection.

www.3M.com/FallProtection

#3MScienceOfSafety

At 3M Fall Protection our mission is to bring every worker at height home safely.

Every day on your job, you climb to new heights with two things in mind: getting your work done well and returning home safely to those you love. Our job? Helping you get there. With our two brands, DBI-SALA® and Protecta®, we offer solutions for all your work at height needs.

ABCs of Fall Protection.

A typical Personal Fall Protection System (PFPS) incorporates key components often described as the ABCs of Fall Protection.

The (A) anchorage/anchorage connector, (B) body support and (C) connecting device - when used together - form a complete system for maximum worker protection. But don't forget the other important components of a comprehensive fall protection programme: (D) descent and rescue, (E) education and (F) fall protection for tools.

A

Anchorage

Anchorage is a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.



B

Body support

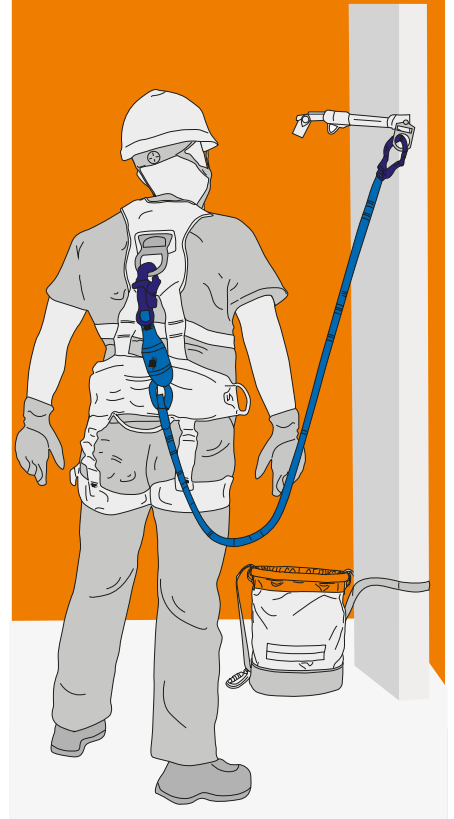
Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.



C

Connecting devices

Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.



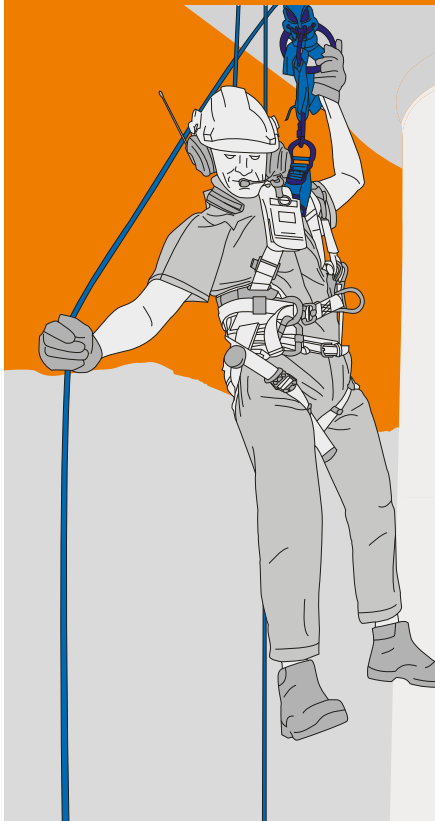
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D

Descent and rescue

Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.



E

Education

We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.



F

Fall protection for tools

Fall protection for tools helps make work environments safer and more productive by reducing dropped object incidents.



*Source: HSE.gov.uk Accident Statistics 2018



Anchorage.



Anchorage are a secure point of attachment. Anchorage connectors vary by industry, job, type of installation and structure. They must be able to hold fast under the load of a fall, working in suspension or a rescue.

3M™ Protecta® Polyester Webbing Sling

Polyester Webbing anchor straps are built from top quality materials guaranteeing high strength and durability to stand up to the toughest environments.



	←.....→	kg
AM450/60	25 mm x 60 cm	0.06
AM450/80	25 mm x 80 cm	0.07
AM450/100	25 mm x 100 cm	0.12
AM450/120	25 mm x 120 cm	0.15

3M™ DBI-SALA® Polyester Webbing Sling

Polyester Webbing anchor straps are built from top quality materials guaranteeing high strength and durability to stand up to the toughest environments.



	←.....→	kg
KM419	4.5 cm x 90 cm	0.47
KM421	4.5 cm x 200 cm	0.86

Carabiners



AJ514



AJ593



AJ572



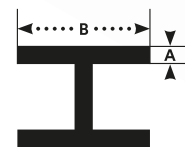
	Opening	Connector	Material	kg
AJ514	18 mm		(S)	0.80
AJ593	50 mm		(S)	0.71
AJ572	24 mm		(A)	0.09

3M™ DBI-SALA® Fixed Beam Anchor

For complete versatility, anchor can be attached in any orientation and used with a lanyard, self-retracting lifeline, or as end-anchors for a DBI-SALA® horizontal lifeline system.



	A	B	kg
2108412	≤3.81 cm	6.35 - 30.48 cm	2.36



3M™ DBI-SALA® Sliding Beam Anchor

Secure the anchor to the beam using the redesigned adjustment buttons, simply connect your Self-Retracting Lifeline (SRL) or lanyard to the swivelling D-ring and you're ready to work. The anchor point slides effortlessly behind you. User capacity: 140 kg.



	←.....→	Flange thickness	Description	kg
2104711	8.9 - 35.5 cm (3.5" - 14")	≤3.2 cm (1.25")	Sliding Beam Anchor, Small (CE)	1.52
2110815	-	-	Replacement wear pads (Small, Set of 2)	0.03

3M™ Protecta® Sliding Beam Anchor

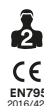
Secure the anchor to the beam using the redesigned adjustment buttons, simply connect your Self-Retracting Lifeline (SRL) or lanyard to the swivelling D-ring and you're ready to work. The anchor point slides effortlessly behind you. User capacity: 140 kg.



	←.....→	Flange thickness	Description	kg
2104704	8.9 - 35.6 cm (3.5" - 14")	≤3.2 cm (1.25")	Sliding Beam Anchor, Small (CE)	1.7

3M™ DBI-SALA® EZ-Line™ Retractable Horizontal Lifeline System

3M™ DBI SALA® EZ-Line™ is a user friendly and fast to install/remove temporary horizontal lifeline system. EZ-Line's innovative retractable design allows the user to quickly and efficiently set up any length of system in only seconds and dismantle it just as quick. The entire lifeline is retracted into an easy to carry case which eliminates large and bulky coils of cable that are difficult to set up, relocate and store.



	←.....→	kg
7605061	18.3 m	14.96

3M™ Protecta® Temporary Lifeline



	←.....→	kg
1200106	9 m	2.93
1200107	18 m	3.76



**B**

Body support.

Harnesses distribute fall forces over the upper thighs, pelvis, chest and shoulders. They provide a connection point on the worker for the personal fall protection system.

Selecting the right harness.



General purpose

- ▶ Construction
- ▶ Scaffolding
- ▶ General industry



Work positioning

- ▶ Telecoms
- ▶ Utilities
- ▶ Oil and gas
- ▶ Renewables / Wind Energy

General purpose harnesses.

Periodic use

Frequent

3M™ Protecta® E50 Harness



3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness



3M™ DBI-SALA® ExoFit™ XE50 Safety Harness



Essential Fall Protection

- ▶ Lightweight and easy to use
- ▶ Large back plate for comfort
- ▶ Quick-adjust chest & leg straps
- ▶ Covered labels for durability

Enhanced Fit & Ease of Use

- ▶ Vest-style for improved ergonomics
- ▶ Pass-through buckles
- ▶ Rear fall arrest D-ring
- ▶ Good mobility & fit - Models 1161642/43/44 include articulated rings on horizontal leg straps to allow upper and lower body to twist providing greater freedom of movement

Performance & Durability

- ▶ Durable 26kN polyester webbing
- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Optional comfort padding available to order separately (See page 28).

CE
EN361

	←.....→	Buckle Type	kg
1310105	M-L	PT	1.42
1310104	XL	PT	1.16

CE
EN361

	←.....→	Buckle Type	kg
1161609/10/11	S / M-L / XL	PT	1.11 - 1.21
1161615/16/17	S / M-L / XL	QC	1.37 - 1.47
1161642/43/44	S / M / XL	QC	1.57 - 1.67

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	←.....→	Buckle Type	kg
1112702/03/04	1 / 2 / 3	PT	1.65 - 1.75
1112711/12/13	1 / 2 / 3	QC	1.65 - 1.75

use

Intensive use

3M™ DBI-SALA® ExoFit™ XE100 Comfort Safety Harness



3M™ DBI-SALA® ExoFit™ XE200 Comfort Safety Harness



Advanced Performance

- ▶ Durable 26kN polyester webbing
- ▶ Hybrid comfort padding
- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Custom-designed padding with air channels and reflective 3M™ Scotchlite™ panels (back/shoulders)

CE
EN361

	◀.....▶	Buckle Type	kg
1112720	1	QC	1.90
1112721	2	QC	1.95
1112722	3	QC	2.00

Premium Comfort & Efficiency

- ▶ Durable 26kN polyester webbing
- ▶ Cross Chest Buckle assembly for central front fall arrest attachment point
- ▶ Low-profile suspension trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Lightweight, aluminium automatic stand-up rear D-ring
- ▶ Hybrid comfort padding with breathable mesh under-side for enhanced thermal comfort and ergonomics

CE
EN361

	◀.....▶	Buckle Type	kg
1112726	1	QC	2.23
1112727	2	QC	2.25
1112728	3	QC	2.3

Work positioning harnesses.

Periodic use

Frequent

3M™ Protecta® E200 Comfort Belt Style Fall Arrest Harness



Essential Positioning

- ▶ Integrated comfort belt for basic positioning tasks
- ▶ Lightweight and easy to use
- ▶ Rear fall arrest D-ring
- ▶ Lanyard keepers included

3M™ DBI-SALA® ExoFit™ XE50 Positioning Safety Harness



Enhanced Positioning

- ▶ Durable 26kN polyester webbing
- ▶ Cross chest buckle for central fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Optional comfort padding available to order separately

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EN358

	◀••••▶	Buckle Type	kg
1161627/28/29	S / M-L / XL	PT	1.85 - 1.95
1161633/34/35	S / M-L / XL	QC	2.19 - 2.29
1161645/46/47	S / M-L / XL	QC	2.41 - 2.51

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EN358

	◀••••▶	Buckle Type	kg
1112705/06/07	1 / 2 / 3	PT	2.20 - 2.40
1112714/15/16	1 / 2 / 3	QC	2.46 - 2.60

use

Intensive use

3M™ DBI-SALA® ExoFit™ XE100 Comfort Positioning Safety Harness



Advanced Positioning

- ▶ Durable 26kN webbing
- ▶ Cross chest buckle for central fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Low-profile trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Custom-designed padding with air channels and reflective 3M™ Scotchlite™ panels (back/shoulders)

CE
EN361
CE
EN358

	◀••••▶	Buckle Type	kg
1112723	1	QC	2.65
1112724	2	QC	2.70
1112725	3	QC	2.75

3M™ DBI-SALA® ExoFit™ XE200 Comfort Positioning Safety Harness



Premium Positioning

- ▶ Durable 26kN webbing
- ▶ Cross chest buckle for central fall arrest attachment point
- ▶ Revolving torso adjusters (patented) for quick and easy harness fit and adjustment
- ▶ Auto-locking quick connect buckles secure contact with webbing, reducing the need to readjust
- ▶ Low-profile trauma relief straps
- ▶ Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- ▶ Lightweight, aluminium automatic stand-up rear D-ring
- ▶ Hybrid comfort padding with breathable mesh under-side for enhanced thermal comfort and ergonomics

CE
EN361
CE
EN358

	◀••••▶	Buckle Type	kg
1112729	1	QC	2.85
1112730	2	QC	2.90
1112731	3	QC	2.95



Connecting devices.



Products such as shock absorbing lanyards or self-retracting lifelines connect a worker's harness to the anchorage.

Selecting the right fall arrest system.

**Work positioning
and restraint
lanyards EN354
& EN358**



**Shock absorbing
lanyards EN355**



**Personal
self-retracting
lifelines EN360**



**Self-retracting
lifelines EN360**



Fall clearances.

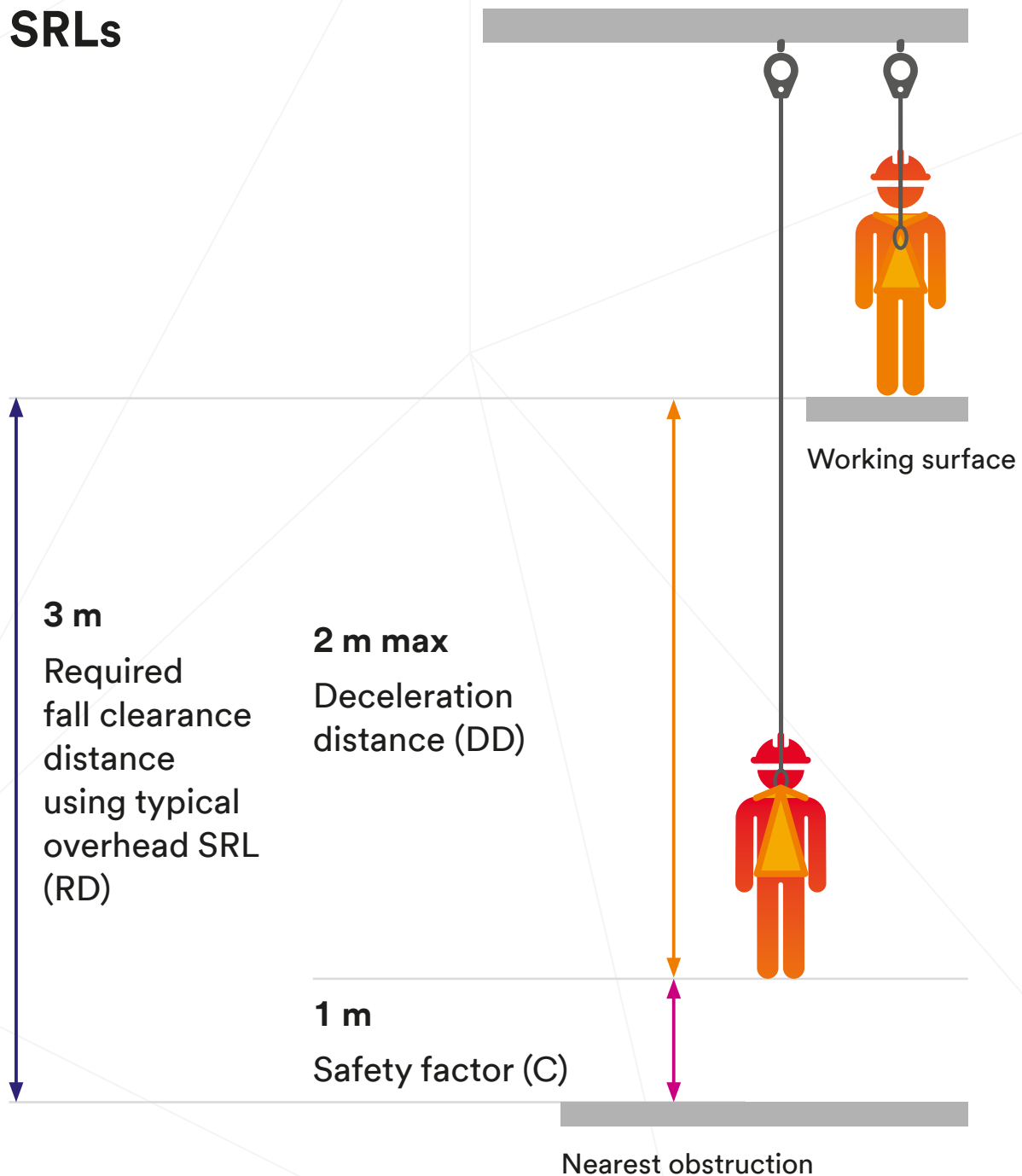
Shock absorbing SRLs vs lanyards.

DD = Free fall, lock off and deceleration
(2 m maximum, EN360)

C = Clearance to obstruction during
fall arrest (1 m minimum safety
factor required, EN360)

RD = Required distance below working
surface to nearest obstruction
– $RD = DD + C$

SRLs



LL = Lanyard length (2m)

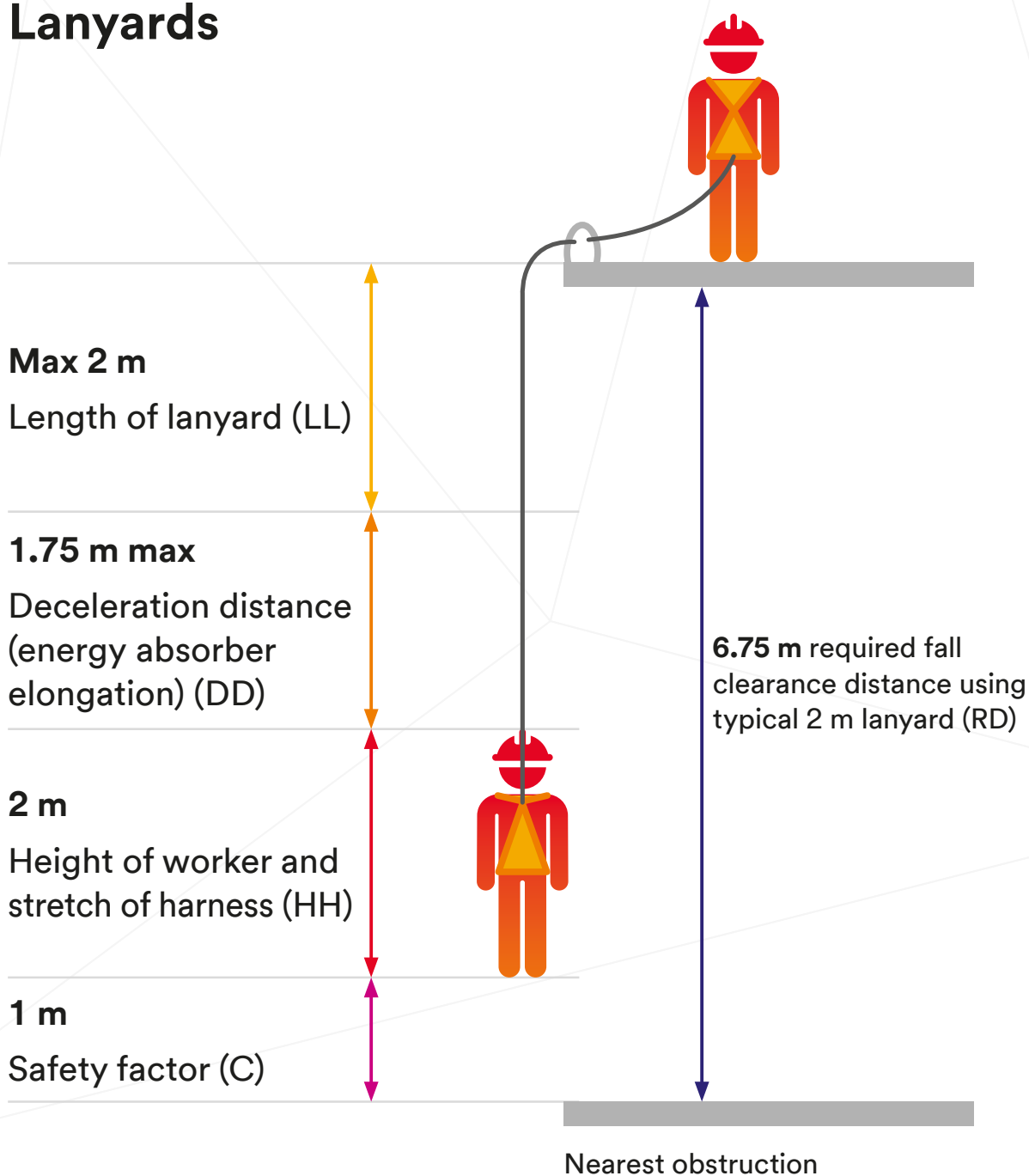
DD = Shock absorber deployment length (1.75m)

HH = Worker displacement and harness extension – 2m

C = Safety factor and clearance under worker – 1m

RD = Minimum free distance below feet of the user to nearest obstruction – $LL + DD + HH + C$

Lanyards



Work Restraint and Positioning Lanyards EN354, EN358 & EN353-2.

Fixed Length Restraint Lanyards

3M™ Protecta® Restraint Lanyards



AL410C / AL415C



AL410C2 / AL420C2



AL432/1 Y

- ▶ Use a 3M™ Protecta® Rope Restraint Lanyard as part of a restraint system to prevent the user from moving into an area where they may be exposed to a fall
- ▶ Made from 10.5 mm durable and flexible braided polyamide rope



	←.....→	kg
AL410C	1 m	0.16
AL410C2	1.3 m	0.07
AL432/1	1.3 m Y	1.39
AL415C	1.5 m	0.15
AL420C2	2 m	0.25

Work Positioning Lanyards

3M™ Protecta® Trigger Lanyards



- ▶ Trigger device allows simple adjustment for perfect work positioning
- ▶ Simple triple action carabiner connection to Trigger device
- ▶ 10.5 mm kernmantle rope material is durable and easy to adjust through the Trigger device



	←.....→	Maximum user weight	kg
1200314	Adj. to 2 m	140 kg	0.85

3M™ Protecta® Rope Lanyards



- ▶ Length adjuster allows you to easily adjust the lanyard to your needs
- ▶ 10.5 mm rope diameter



	←.....→	kg
AL422	Adj. to 2 m	0.28

Rope Grab

3M™ Protecta® Viper LT Rope Grab with Energy Absorber – Vertical Only



The Protecta® Viper™ LT Manual Rope Grab is a fall arrest device which can be used in a variety of vertical applications. With its extremely simple opening system, a user can move effortlessly and safely along a Ø 12,5mm rope to perform their daily tasks.



	←.....→	kg
AC4002	-	0.71

3M™ Protecta® Viper LT Rope



- ▶ Kernmantle rope 12.5 mm diameter with 25 kN screw gate carabiner 17 mm opening



	←.....→	kg
AC4010	10 m	1.00

Shock absorbing lanyards EN355.

Shock Absorbing Lanyards

3M™ Protecta® Shock Absorbing Rope Lanyard

3M™ Protecta® Shock Absorbing Lanyard for a wide variety of uses. Constructed from durable and abrasion resistant rope with a range of connection types, lengths and number of legs, you can rely on 3M™ Protecta® for a suitable solution.



- ▶ Energy absorbing fall arrest lanyard safely arrests your fall and reduces the impact on your body
- ▶ Covered identification labels remain readable and intact throughout the life of the product
- ▶ CE certified to EN355 standard

CE
EN355

	↔	Legs	Harness Connector	Anchorage Connector	kg
1260350	2 m	Single			0.80
1260351	1.8 m	Twin			1.40
1260352	1.8 m	Twin			1.40
1260353	1.38 - 2 m	Single			0.80

3M™ Protecta® Shock Absorbing Elastic Webbing Lanyard

3M™ Protecta® Shock Absorbing Elastic Webbing Lanyards for a wide variety of uses. Constructed from durable and abrasion resistant webbing with a range of connection types, lengths and number of legs, you can rely on 3M™ Protecta® for a suitable solution.



- ▶ Energy absorbing fall arrest lanyard safely arrests your fall and reduces the impact on your body
- ▶ Covered identification labels remain readable and intact throughout the life of the product
- ▶ CE certified to EN355 standard

CE
EN355

	↔	Legs	Harness Connector	Anchorage Connector	kg
1260349	1.5 m	Single			1.17
1260348	1.5 m	Twin			1.20
1260347	1.5 m	Twin			1.10
1260346	2.0 m	Twin			1.40

3M™ DBI-SALA® EZ-Stop™ Expander Web Lanyard



- ▶ Elasticated webbing reduces lanyard length when not under tension
- ▶ 35 mm polyester webbing

CE
EN355

	↔	Legs	Harness Connector	kg
1246555	1.25 m	Single		1.02
1246556	2.0 m	Single		1.06
1246557	2.0 m	Twin		1.65

3M™ DBI-SALA® EZ-Stop™ Edge Tested Shock Absorbing Lanyards

3M™ DBI-SALA® EZ-Stop™ edge Shock Absorbing Lanyards incorporate innovative energy absorbing technology



- ▶ Edge tested to VG11:060 standard
- ▶ Reflector strips provide better visibility when working in low light conditions
- ▶ CE certified to EN355 standard

CE
EN355

	↔	Legs	Harness Connector	Anchorage Connector	kg
1246565	2.0 m	Twin			2.46
1246564	2.0 m	Twin			1.83
1246550	2.0 m	Single			1.14

Self-retracting lifelines EN360.

3M™ Personal Self-Retracting Lifelines

3M™ Personal Self-Retracting Lifelines (pSRLs) are designed for comfortable, back-mounted use. When paired with an XE Series harness, the pSRL fits seamlessly into the harness's pSRL tunnel for improved integration. These lifelines are available in single- or twin-leg configurations and offer multiple options for harness connectors and anchorage connectors to meet different application needs. For work environments with edge exposure, edge-tested models are also available.

3M™ Protecta® Web Personal Self-Retracting Lifeline

- High strength 25 mm polyester webbing lifeline

	↔	Connector	kg
3100641	1.8 m		1.20
3100647	3.4 m		1.40

CE
EN360



3M™ Protecta® Web Self-Retracting Lifeline

- High-strength 25 mm polyester webbing

	↔	Connector	kg
3100651	6.0 m		2.91

CE
EN360



3M™ DBI-SALA® Nano-Lok™ Personal Self-Retracting Lifeline

- Dyneema® and polyester webbing
- Foot level tie-off with 140 kg capacity

CE
EN360



	↔	Connector	Legs	kg
3101208	2.0 m		Single	1.18
3101298	2.0 m		Twin	2.39
3101523	2 m		Single	1.6
3101522*	2 m		Single	1.5
3101525*	2 m		Twin	3.06

3M™ DBI-SALA® Nano-Lok™ Edge Self-Retracting Lifelines

Nano-Lok™ edge is specifically designed for foot level tie-off and leading edge applications. It is ergonomically designed for ease-of-use and is ideal for direct connection to compatible harnesses. The extremely compact and lightweight design is virtually unnoticeable on your back, staying out of the worker's way and making it ideal as a lanyard replacement.

- Built-in connector for direct attachment to harness
- Quick activating speed sensing locking system
- Tough and impact resistant thermoplastic housing

CE
EN360



	↔	Connector	Legs	kg
3101443	2.5 m		Twin	2.22
3101448	2.5 m		Twin	1.9
3101440	2.4 m		Twin	2.22
3500241	2.5 m		Twin	3.85
3500240	2.4 m		Twin	3.74

* Hot Works models available

Self-retracting lifelines EN360.

3M™ Self-Retracting Lifelines

3M™ Self-Retracting Lifelines (SRLs) are designed to be installed on a suitable structural or temporary anchor, providing a secure connection to the user's harness for fall protection when working at height. A range of lifeline lengths is available to accommodate different worksite requirements. For demanding or harsh conditions, sealed models offer enhanced durability. For environments involving edge exposure or horizontal applications, edge-tested models are the appropriate choice.

3M™ DBI-SALA® Sealed-Blok™ Self-Retracting Lifeline

The 3M™ DBI-SALA® Sealed-Blok™ Self-Retracting Lifeline (SRL) incorporates a patented concept that helps separate components, such as the motor spring and brake, from foreign elements such as grease, moisture and dirt. The 3M™ DBI-SALA® Sealed-Blok™ Self-Retracting Lifeline is IP-69K rated to provide protection against ingress of dust, high temperatures, and high pressure water, for use in extreme environmental conditions. These lifelines are available in SRL, Retrieval SRL, and RSQ™ configurations.



- ▶ Swiveling self-locking snap hook with impact indicator
- ▶ Emergency retrieval system available on select models
- ▶ IP 69K ingress protection rating

CE
EN360

	←.....→	Connector	Material	Features
3400805	9.0 m		(S)	X
3400951	15.0 m		(S)	X
3400867	25.0 m		(S)	X
3400972	40.0 m		(S)	X
3400658	53.0 m		(S)	X
3400944	15.0 m		(S)	RSQ
3400961	15.0 m		(S)	RSQ
3400892	25.0 m		(S)	RSQ

3M™ Protecta® Cable Self-Retracting Lifeline

- ▶ 5 mm galvanised steel cable lifeline

	←.....→	Connector	kg
3590520	6.0 m		5.3
3590521	10.0 m		5.6
3590570	15.0 m		7.5
3590610	20.0 m		10



CE
EN360

3M™ Protecta® Cable Leading Edge Self-Retracting Lifeline



- ▶ Edge tested

	←.....→	Connector	kg
3590545	12.0 m		8.5
3590542	6.0 m		7.6



CE
EN360

3M™ Protecta® Self-Retracting Lifeline Cover

3590010 (fits 3590542)
3590011 (fits 3590545)



Fall Protection Kits.

3M™ Protecta® Fall Protection Aerial Lift Restraint Set

Kit code: 1160068

- ▶ 3M™ Protecta® FIRST Vest Climbing Safety Harness, Blue, Universal (1310105)
- ▶ 3M™ Protecta® Restraint Lanyard, Kernmantle Rope, Single Leg, 1 m (AL4210REF)
- ▶ 3M™ Protecta® Back Pack, Red/Black (9513331)
- ▶ CE certified to EN361, EN354.



3M™ Protecta® Scaffolders Fall Protection Set

Kit code: 1160070

- ▶ 3M™ Protecta® FIRST Vest Climbing Safety Harness, Blue, Universal (1310105)
- ▶ 3M™ Protecta® Shock Absorbing Lanyard, Kernmantle Rope, Scaffold Hooks, 1.3m (AE532/31)
- ▶ 3M™ Protecta® Back Pack, Red/Black (9513331)
- ▶ CE certified to EN361, EN355.



3M™ Protecta® Fall Protection Vertical Lifeline Set

Kit code: 1150506

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161610)
- ▶ 3M™ Protecta® Viper™ Vertical Lifeline Rope (AC400)
- ▶ 3M™ Protecta® Viper™ Vertical Lifeline Rope 15 m (AC415)
- ▶ 3M™ Protecta® Sling Polyester Webbing, 100 cm (AM450/100)
- ▶ 3M™ Protecta® E200 Backpack, Red/Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002; EN353/2:2003; EN795:2012 Type B / EN566:2007 / EN354:2010; EN362:2004



3M™ Protecta® Fall Protection Universal Set

Kit code: 1150507

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161601)
- ▶ 3M™ Protecta® Shock Absorbing Lanyard, 140 kg Capacity, Elastic Webbing, Single Leg, 2,00 m (1260328)
- ▶ 3M™ Protecta® E200 Backpack, Red/Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN360:2002, EN362:2004



3M™ Protecta® Fall Protection Roofers Set

Kit code: 1150511

- ▶ 3M™ Protecta® P200 Vest Climbing Safety Harness, Black, Medium/Large (1161610)
- ▶ 3M™ Protecta® Viper™ LT Manual Rope Grab with Energy Absorber, Fits 12.5 mm Rope (AC4002)
- ▶ 3M™ Protecta® Viper™ LT Vertical Lifeline with Karabiner, 12.5 mm Kernmantle Rope, 10 m, (AC4010)
- ▶ 3M™ Protecta® Webbing Sling, 1 m (AM450/100)
- ▶ 3M™ Protecta® Back Pack, Red/Black (9513331)
- ▶ CE certified to EN361, EN353-2, EN795/B.



3M™ Protecta® Fall Protection Mast Climbing Set

Kit code: 1150510

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161638)
- ▶ 3M™ Protecta® Shock Absorbing Lanyard, Twin-leg, Elastic, 1,50 m (1260329)
- ▶ 3M™ Protecta® Work Positioning Trigger Lanyard, Adjustable to 2,00 m (1200314)
- ▶ 3M™ Protecta® E200 Backpack, Red/Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN358:1999; EN355:2002; EN362:2004



3M™ Protecta® Fall Protection Premium Set

Kit code: 1150508

- ▶ 3M™ Protecta® E200 Standard Vest Style Fall Arrest Harness, Black, Medium/Large (1161601)
- ▶ 3M™ DBI-SALA® Nano-Lok™ Personal Self Retracting Lifeline, Single-leg, Web, 1,80 m, (3101461)
- ▶ 3M™ Protecta® E200 Backpack, Red/Black (9513331) with product overview insert
- ▶ CE certified to EN361:2002, EN360:2002, EN362:2004





Descent and rescue.



Descent and rescue devices are used to raise or lower a fallen or injured worker to safety or retrieve him from a confined space.



3M™ DBI-SALA® Confined Space Aluminium Tripod

- ▶ Telescoping adjustable locking legs
- ▶ Quick-connect bracket allows fast and easy attachment of mechanical devices
- ▶ Top mounted pulley system, mount up to three pulleys to route mechanical device lifelines for smooth operation
- ▶ Lightweight yet durable aluminum construction for ease-of-use and longevity



	←.....→	Features	kg
8000140	1.52 - 2.13 m		22.59
8000141	2.13 - 2.74 m		26.54
8000144	1.52 - 2.13 m	High Vis	22.68
8000145	2.13 - 2.74 m	High Vis	31.75
3590499	Mounting bracket		0.98

3M™ Protecta® First-Man-Up™ Remote Anchoring Hook

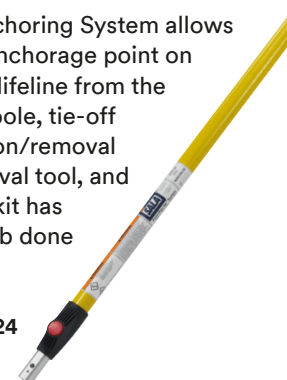
Anchorage Hook for use on a telescopic rod connector to allow a life line to be attached 8 m above the user, enabling the user to ascend a pylon or to reach the top of a pole.



2100105

3M™ DBI-SALA® Remote Anchor System Adjustable Pole

The 3M™ DBI-SALA® Remote Anchoring System allows you and your crew to create an anchorage point on a steel structure and attach your lifeline from the ground. Including a telescoping pole, tie-off adaptor, tie-off adaptor installation/removal tool, snap hook installation/removal tool, and carrying bag, this fall protection kit has everything you need to get the job done while staying tied off.



2104524

3M™ Protecta® SRL, Retrieval



3591002

3590499

AT052/1

- ▶ Use 3M™ Protecta® Cable Self-Retracting Lifeline, Retrieval in confined space applications where an economic solution is required that doesn't compromise on performance or safety
- ▶ 3-way emergency retrieval system
- ▶ Stowable retrieval winch handle
- ▶ Rugged aluminium housing



	←.....→	kg
3591002	15.0 m	11.9
3590499	Mounting bracket	.98
AT052/1	Pulley	0.91

3M™ DBI-SALA® Sealed-Blok™ RSQ 3-Way Retrieval Self-Retracting Lifeline

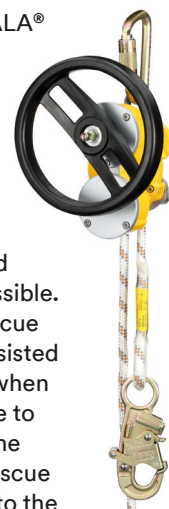
- ▶ Critical SRL components sealed from environmental exposure
- ▶ Swiveling self-locking snap hook with impact indicator
- ▶ Available in multiple configurations, lifeline lengths and material types



	←.....→	Features	kg
3400916	25 m	Galvanized Cable	26.6
3400854	9.0 m	Galvanized Cable	13.2
3400880	25 m	Galvanized Cable	24.7
3400955	15 m	Galvanized Cable	15.9
3400917	25 m	Stainless Steel Cable	26.9

3M™ DBI-SALA® Rollgliss™ R550 Rescue Device

The 3M™ DBI-SALA® Rollgliss™ R550 Rescue System is an emergency escape® and rescue device for use when it is imperative to get to the ground as quickly as possible. Models with Rescue Hub allow for assisted rescue pick-off when a victim is unable to get to safety alone or for assisted rescue — simply lower to the casualty and hook up to them and use the device to descend to safety.



	←.....→	kg
3336010	10 m	4.44
3336030	30 m	5.78
3336050	50 m	7.11
3336100	100 m	9.91

**E**

Education.

We offer a variety of best-in-class certified training courses for work at height and confined spaces at our state-of-the-art training centres located around the world.

Courses available:

- Working at Height
- Confined Space
- Roof working
- Renewables
- Rope Access
- Rescue
- Tower Climbing



Safety Training

Workers' lives are on the line every day, but ensuring their safety starts long before the job begins. No one understands this better than 3M™ Fall Protection. Our training is based on more than 70 years of expertise and jobsite implementation around the globe.

When it comes to protecting your work site, we deliver. We offer superior courses in world-class training facilities, based on standard curriculum's or custom programs specific to your jobsite.

Our training services include:

- Regional facilities to avoid extensive delegate travel or ability to facilitate courses at your own sites
- Ability to build bespoke course programme's to ensure that training meets your specific company requirements
- Access to and use of the widest range of fall protection equipment to ensure delegates receive a broad training experience

Our comprehensive training provides practical, hands-on experience across a full range of fall protection training, fall arrest training and industrial rescue courses at our state-of-the-art training centres located across Europe, as well as on-site training customised to your needs.

F

Fall Protection for Tools.



3M™ DBI-SALA® D-ring Attachment



- These D rings are used with Quick Wrap Tape to create instant attachment points on tools

	Description	Max Load	
1500003	D-ring 1.3 cm x 5.7 cm (0.5" x 2.25")	0.9 kg (2 lbs)	10
1500007	D-ring 2.5 cm x 8.9 cm (1" x 3.5")	2.3 kg (5 lbs)	10
1500009	D-ring Cord	2.3 kg (5 lbs)	10

3M™ DBI-SALA® Quick-Wrap Tape II



- 2.5 cm (1") tape conforms to the shape of whatever it is applied to
- Use with our D-rings and Tool Cinch Attachments to create instant tethering points on tools

	Description		
1500169	Quick Wrap Tape II, Blue	274 cm (108")	10
1500175	Quick Wrap Tape II, Yellow	274 cm (108")	10

3M™ DBI-SALA® Fall Protection for Tools



	Description	Max Load	
1500156	Retractable Tool Lanyard	2.3 kg (5 lbs)	25.4 cm

3M™ DBI-SALA® Hook2Loop Bungee Tether



- Simply slides onto the handle of a tool in seconds

	Description	Max Load		
1500047	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	81 cm (32") - 119 cm (47")	1
1500048	Hook2Loop Bungee Tether	6.8 kg (15 lbs)	81 cm (32") - 119 cm (47")	10
1500049	Medium-Duty Hook2Loop Bungee Tether	15.9 kg (35 lbs)	78 cm (31") - 132 cm (52")	1

3M™ DBI-SALA® Hook2Hook Coil Tethers



- Ultra-compact design of our Coil Tethers makes them an ideal alternative to classic bungee tethers

	Description	Max Load		
1500160	Hook2Hook Coil Tether with Swivel	2.3 kg (5 lbs)	10 cm (4") - 157 cm (62")	10
1500068	Trigger2Trigger Coil Tether	2.3 kg (5 lbs)	4 cm (1.75") - 70 cm (24")	10

3M™ DBI-SALA® Tool Holsters with Retractors



	Description	Attachment	
1500104	Single Tool Holster with Retractor	Harness	1
1500107	Dual Tool Holster with Retractor	Belt	2
1500109	Dual Tool Holster with Retractor	Harness	2

3M™ DBI-SALA® Small Parts Pouches



	Description
1500119	Small Parts Pouch, canvas, black
1500120	Small Parts Pouch, canvas, camo
1500121	Small Parts Pouch, canvas, orange
1500122	Small Parts Pouch, vinyl, yellow
1500123	Small Parts Pouch, extra deep, canvas, black

3M™ DBI-SALA® Accessories.

3M™ DBI-SALA® Wristbands



	Description	
1500083	Adjustable Wristband	10
1500085	Adjustable Wristband with Cord	10
1500087	Adjustable Wristband with Retractor	10

3M™ DBI-SALA® Tape Measure Holsters



	Description
1500099	Tape Measure Sleeve
1500165	Tape Measure Sleeve - Large
1500100	Tape Measure Holster with Retractor and Sleeve Combo

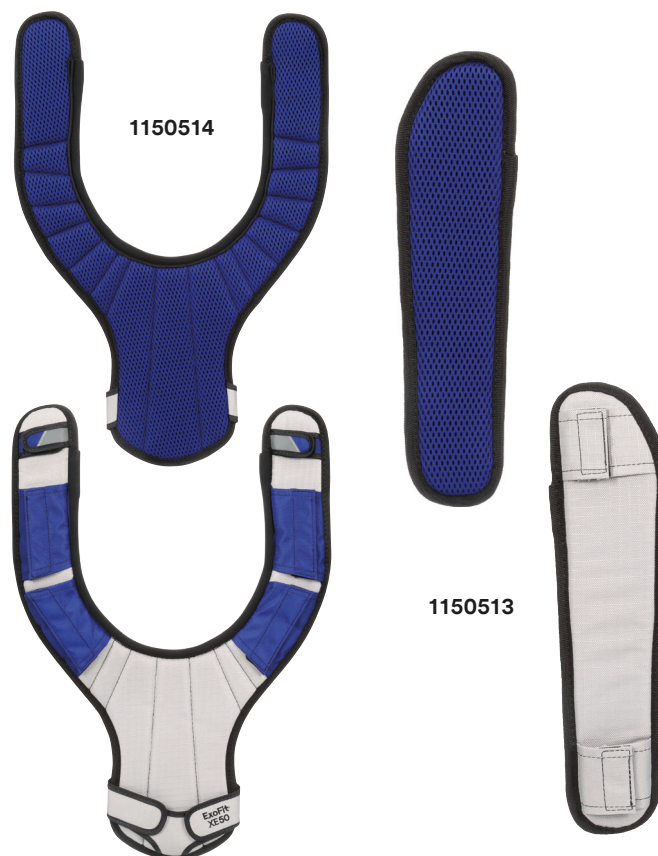
3M™ DBI-SALA® Suspension Trauma Safety Straps



- Suspension trauma safety strap can be used in the event of a fall allowing a user to stand, relieving pressure on the arteries and veins around the top of the legs
- Attaches to almost any harness

	 kg
9501403	0.14

Padding Accessories for 3M™ DBI-SALA® XE50 Harnesses



	Description		 kg
1150514	Shoulder Padding Accessory	1	0.15
1150513	Leg Padding Accessory	2	0.10

3M™ Protecta® Harness Accessories.

3M™ Protecta® Comfort Shoulder and Back Padding

- ▶ Comfortable, lightweight and breathable padding for better comfort and shoulder and back protection
- ▶ Can be easily fitted or removed by the user



3M™ Protecta® Comfort Leg Padding

- ▶ Removable leg pads for additional comfort



	Description		
1150491	Shoulder and Back Padding	1	0.15
1150494	Leg Padding	2	0.07

3M™ Protecta® Lanyard Keepers

- ▶ Auto-resetting lanyard keepers provides easy parking and release of snap hooks or carabiners



3M™ Protecta® Harness Extension Strap

- ▶ Elongates the rear fall arrest attachment point of a harness to make it easier to attach and detach a connector of a retractable fall arrest device



CE
EN354

	Description		
1150493	Lanyard Keepers	2	0.20
1150909	Extension Strap	1	0.22

3M™ Protecta® Belt Loop D-Rings



3M™ Protecta® Gear Tool Loops



- ▶ Tools can be secured while working at heights, to keep people and property safe anywhere below you
- ▶ Suitable for use with 3M™ Protecta® Comfort Belt Harness models only

	Description		
1500180	Belt Loops	2	0.50
1150492	Gear Tool Loops	2	0.36

3M™ Protecta® Back Pack



- ▶ 3M™ Protecta® branded rucksack to store and transport your fall arrest equipment

		
9513331	15 × 30 × 50 cm	0.36

Choosing the right harness.

Look for quality in these features when selecting your harness.



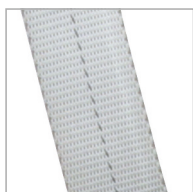
1. Dorsal connection

The main fall arrest point is located on the back, positioned between the shoulder blades. Most harnesses would always include a dorsal attachment point.



7. Stitching

Quality, high strength thread and specifically designed stitch patterns provide maximum strength and durability. Its sewn-in quality you can trust.



2. Webbing

Essential for the durability and safety of the harness, webbing has to be strong enough to endure rough use and exposure to the elements without tearing or fraying. Speciality applications such as welding can benefit from special materials like Nomex®/Kevlar® that offer high temperature resistance.



8. Padding

Cushioned shoulder, leg and hip pads keep the pressure off, providing extra worker comfort for long hours of wear. In a fall, they absorb shock and help distribute your weight. They may be built-in to avoid slipping or may be removable.



3. Adjusting points

Whether you wear a harness 4 hours a day or 14, it needs to fit correctly for safety and comfort. Harnesses with adjusting points on the legs, waist (belt models), chest and torso allow a better fit.



9. Suspension relief straps

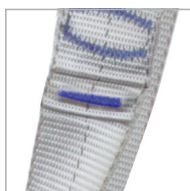
Built in, or retrofit, they are quickly deployed by the user in the event of a fall. They provide a web loop allowing the user to stand and relieve some pressure from the legs.



4. Leg straps

Depending on worker preference, leg strap fasteners may be available in different styles, including:

-  Pass Through Buckle
-  Quick Connect Buckle
-  Tongue & Grommet Buckle



10. Impact indicators

Impact indicators provide immediate notice that the worker and harness have been in a fall. This feature promotes safety and proper inspection.



5. Pelvic support

A sub-pelvic strap provides additional support, security and comfort for the user. Properly positioned, it better distributes forces during a fall.



11. Lanyard keepers

A lanyard keeper provides a place to park your lanyard when not in use. It prevents tripping and entanglement for enhanced safety and will breakaway, saving the user from potentially high impact forces, due to 'short circuiting' of the absorber.



6. Book style labels

Book style labels put product and inspection information at the workers' fingertips. Pages may include sizing, operating instructions, inspection log, warning labels and compliance information. These labels promote quick inspection, compliance and safety.



12. Breathable linings

The 3M™ DBI-SALA® ExoFit™ Harness Series of harnesses feature breathable linings that wick moisture away from your body. So you stay dry and comfortable in heat or cold.

3M™ DBI-SALA® Safety Harness Fitting Instructions.



Before starting

Remove all items from your pockets, as during work, or most importantly in the event of a fall, objects in pockets can become trapped between the harness webbing and the wearer's body, potentially causing injury. Always refer to instruction for use supplied with the specific harness, concerning correct fitting and adjusting.



Step 1. Getting started

Hold harness by back D-Ring, which is often held in place by a D-Ring pad, ensure straps are not twisted.



Step 2. Shoulder straps

Slip harness over arms and onto shoulders. Ensure all straps are not tangled and hang freely.



Step 3. Leg strap

Reach between your legs and grasp the leg strap on your left side. Bring the strap up between your legs and connect it with the buckle on the left side (see **Buckle Types**). Connect the right leg strap using the same procedure. To adjust the leg straps see **Buckle Types**.



Step 4. Chest straps

Attach the chest strap buckle to the corresponding opposite side buckle (see **Buckle Types**).



Step 5. Waist belt (if present)

Attach the waist strap buckle to the corresponding opposite side buckle (see **Buckle Types**).

Step 6. Adjust harness to a snug fit

Adjust torso straps to a snug fit with the Revolving Torso Adjusters. The left and right side should be adjusted to the same length and the front D-ring attachment should be centred on your lower chest, approx. 15 cm down from shoulder.

The front D-Ring on the vest style harness is moved up or down by adjusting the shoulder straps and leg straps. Centre the back D-Ring between your shoulder blades.

Note: On applicable models, the back (rear/dorsal) D-Ring can be repositioned up or down on the harness webbing as needed for a correct fit.

Re-adjust leg straps to a snug fit (see **Correct leg adjustment**). At least 8 cm of webbing must extend past the buckle on the leg straps. Adjust the waist belt (if present).



Tidy up

Now the harness is correctly fitted, tidy up the loose ends of webbing, by either sliding the plastic web-tidys to the ends, or tucking the loose webbing under the loops, depending on your harness model.

You're ready to go!

A properly fitted and adjusted full body harness will effectively distribute impact forces throughout your body and provide appropriate support during suspension and rescue following a fall.

Buckle types

QC Quick Connect Buckles

ACC Auto-locking Quick Connect Buckles



To attach: Insert male portion into receptor until click is heard.



To release: Press the tabs on the side of the buckle towards each other with one hand, whilst pulling on the male portion of the buckle with the other hand.



To tighten: Hold the buckle at 90° to the webbing and pull free webbing.



To loosen: Hold the buckle at 90° to the webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

PT Pass-Through Buckles



To attach: Pass male buckle through female buckle.



To release: Pass male buckle through female buckle.



To tighten: Hold the buckle at 90° to the webbing and pull free webbing.



To loosen: Hold the buckle at 90° to the fixed webbing and pull the buckle. A plastic end keeper on the strap will stop it from pulling completely out of the buckle.

Correct leg adjustment



If you cannot pass your hand under leg strap – too tight.



If you can pass your fist under leg strap – too loose.



If you can just pass your hand under leg strap – correct fit.

Correct torso adjustment

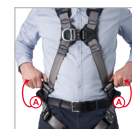


If you can pinch the torso webbing (whilst standing upright) – too loose.



If you cannot pinch the torso webbing (whilst standing upright) – correct fit.

Revolving torso adjuster



To tighten: Turn ratchet knob in direction A.



To loosen: Pull ratchet knob out and turn in direction B.

NOTE: If you have questions concerning the condition of your harness, or have any doubt about putting it into service, reference the User Instructions for full inspection procedures or contact your local 3M sales representative.

General icons.



Dimension



Weight



Quantity



Number of Users
(Value)



Material:
Steel



Material:
Aluminum

Harness icons.



Chest



Leg



Waist



Pass Through
Buckle



Quick
Connect
Buckle

Lanyard & Self-Retracting Lifeline icons.



Screw Carabiner



Twist Lock



Triple Lock



Edge Tested



Scaffold Hook



Snap Hook



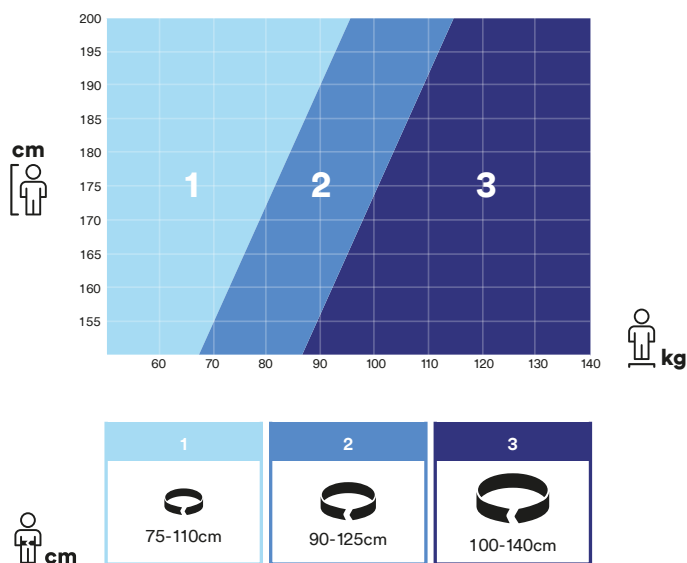
Rebar Hook

Important notice

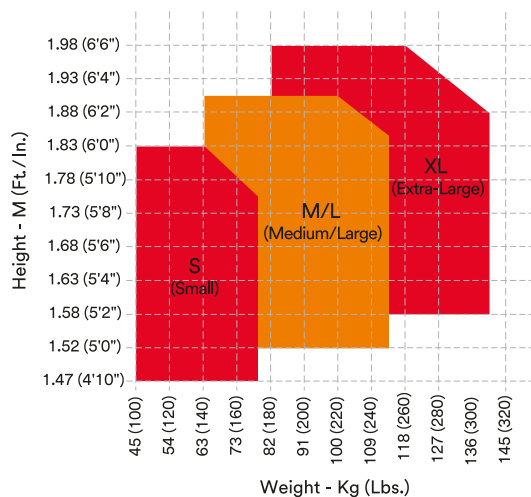
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3M™ DBI-SALA® Fall Arrest Harness Sizing Chart



3M™ Protecta® Fall Arrest Harness Sizing Chart



Certification.

General:

EN
1496

Rescue lifting
devices

CE
EN567

Rope
clamps

CE
2016/425

PPE
Regulation

CE
2006/42/EC

Machine
directive

Harnesses:

CE
EN361

Full body
harness

CE
EN813

Sit
harnesses

EN
1497

Rescue
harnesses

CE
EN471

High-visibility
warning clothing

Connectors:

EN
341

Descender
devices

CE
EN354

Lanyards

CE
EN355

Energy
absorbers

CE
EN358

Belts and restraint
lanyards for work
positioning

CE
EN360

Retractable
type fall
arresters

CE
EN362

Connectors

Anchors:

CE
EN353-1

Guided type
fall arresters
including a rigid
anchor line

CE
EN353-2

Guided type
fall arresters
including a flexible
anchor line

EN
795
TYPE A

Anchors
fixed to the
structure

CE
EN795
TYPE B

Anchors not
fixed to the
structure

EN
795
TYPE C

Horizontal Lifeline
with flexible
support

CE
EN795
TYPE E

Counterweight
anchor

Notes.

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**Fall Protection**

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