

Fall Protection **for Compliance**

Workman®: Quality, Comfort & Value



WE KNOW WHAT'S AT STAKE.

Workman® Full-Body Harnesses

Quality, comfort, and value come together in the Workman line of products and provide basic compliance when budgets are slim.



Workman Standard Harness

P/N 10072487



Workman Construction Harness

P/N 10077571



Workman Arc Flash Harness

P/N 10152671 (left) | P/N 10152637 (right)



Workman Stainless Steel Harness

P/N 10155932

Features and Benefits

- Optimum quality at an economical price
- Yellow polyester webbing for increased visibility
- Color-contrasting thigh and torso straps simplify donning
- Choice of Qwik-Fit or tongue-buckle leg straps for easy adjustment
- Web retainer collars keep excess webbing neat
- Includes lanyard keeper for added safety when lanyard leg is not in use
- All Workman Harnesses include load indicators to alert users when the harness has been involved in a fall event

Harness Accessories

MSA Harness Accessories maximize user comfort and allow added comfort to harnesses.



Shoulder Pads

P/N 10077489

Workman Standard Harness Ordering Information

PART NO.	D-Ring Configuration					Size				Leg Buckle Type		Standards
	Back	Back, Hips	Back, Chest, Hips	Back, Chest	Back, Shoulders	XSM	STD	XLG	SXL	Tongue Buckle	Qwik-Fit	OSHA/ANSI/CSA
10072478	■					■					■	■
10072479	■						■				■	■
10072480	■							■			■	■
10072481	■								■		■	■
10072482		■				■					■	■
10072483		■					■				■	■
10072484		■						■			■	■
10072485		■							■		■	■
10072486	■					■				■		■
10072487	■						■			■		■
10072488	■							■		■		■
10072489	■								■	■		■
10072490		■				■				■		■
10072491		■					■			■		■
10072492		■						■		■		■
10072493		■							■	■		■
10108743				■		■				■		■
10108744				■			■			■		■
10108745				■				■		■		■
10108791				■					■	■		■
10108767			■			■				■		■
10108768			■				■			■		■
10108769			■					■		■		■
10108770			■						■	■		■
10172977					■	■				■		■
10172978					■		■			■		■
10172979					■			■		■		■
10172980					■				■	■		■

Workman Construction Harness Ordering Information

PART NO.	Size				Padding		Standards
	XSM	STD	XLG	SXL	None	Shoulder	OSHA/ANSI/CSA
10072494	■				■		■
10072495		■			■		■
10072496			■		■		■
10072497				■	■		■
10077490	■					■	■
10077571		■				■	■
10077572			■			■	■
10077573				■		■	■

Fall Protection **for Compliance**

Workman Arc Flash **Web Loop** Harness Ordering Information

PART NO.	Style		Web Loop		Size				Leg Buckle Type		Belay Loops	Rubber Covers	Standards ANSI/CSA/ OSHA
	Vesttype	Crossover	Back	Back, Hips	XSM	STD	XLG	SXL	Qwik-Fit™ Buckle	Tongue Buckle			
10152632	■		■		■					■			■
10152633	■		■			■				■			■
10152634	■		■				■			■			■
10152635	■		■					■		■			■
10163234	■		■		■					■		■	■
10163238	■		■			■				■		■	■
10163266	■		■				■			■		■	■
10163269	■		■					■		■		■	■
10162689	■		■		■					■	■		■
10162690	■		■			■				■	■		■
10162691	■		■				■			■	■		■
10162692	■		■					■		■	■		■
10162693	■			■	■					■	■		■
10162694	■			■		■				■	■		■
10162695	■			■			■			■	■		■
10162696	■			■				■		■	■		■
10163240		■	■		■					■		■	■
10163297		■	■			■				■		■	■
10163303		■	■				■			■		■	■
10163305		■	■					■		■		■	■
10162681		■	■		■					■	■		■
10162682		■	■			■				■	■		■
10162683		■	■				■			■	■		■
10162684		■	■					■		■	■		■
10162685		■		■	■					■	■		■
10162686		■		■		■				■	■		■
10162687		■		■			■			■	■		■
10162688		■		■				■		■	■		■

Workman Stainless Steel Harness Ordering Information

PART NO.	D-Ring Configuration	Size				Leg Buckle Type		Standards	
	Back	XSM	STD	XLG	SXL	Qwik-Fit Buckle	Tongue Buckle	ANSI Z359.11	CSA Z259.10
10155931	■	■				■		■	■
10155932	■		■			■		■	■
10155933	■			■		■		■	■
10155934	■				■	■		■	■
10168930	■	■					■	■	■
10172974	■		■				■	■	■
10172975	■			■			■	■	■
10172976	■				■		■	■	■

Workman Mini Personal Fall Limiters (PFLs)

The Workman Mini Personal Fall Limiter is the economical option in MSA's line of personal fall limiters for users working at heights. Internal fast-acting cam-lock mechanism offers the most versatile compact self-retracting device on the market, allowing for increased user safety at lower heights. Fall limiter design stops a fall within inches, providing workers the ability to tie off at lower levels below the D-Ring (non-tieback version).



Single-leg PFL
P/N 10157841



Twin-leg PFL
P/N 10157860



Single-leg Tie-back PFL
P/N 10157847



Twin-leg Tie-back PFL
P/N 0157864

Features

- Internal pawl-lock design provides many lower level tie-off points for numerous work applications (non-tieback versions)
- 6-ft. and 9-ft. retractable lifeline for standard and tie-back models
Swivel eye connection eliminates line twisting
- 400-lb. user weight capacity
- Twin-leg carabiner connection keeps harness D-Ring available for use with other equipment while climbing, or for rescue purposes

Durability

Rugged, impact-resistant housing for increased product life

Added Safety

External energy absorber provides visual load indicator for easy inspection

Approvals

- ANSI Z359.14, Class A
- CSA Z259.2.2
- OSHA

Fall Protection **for Compliance**

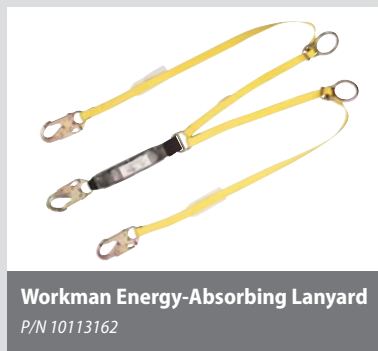
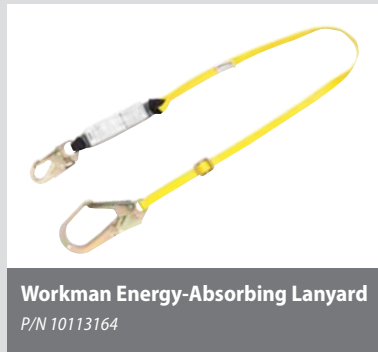
Workman Mini PFL Ordering Information

PART NO.	Type			Connection		Length	Standards		
	Single-Leg	Twin-Leg	Tie-Back	PFL Connection	Lifeline Connection		ANSI Z359.14 (Class A)	CSA Z259.2.2	OSHA
10157841	■			Carabiner	36C	6 ft. (1.8 m)	■		■
10157842	■			Carabiner	36CSN	6 ft. (1.8 m)	■		■
10157843	■			Carabiner	36CL	5 ft. (1.5 m)	■		■
10157844	■			Carabiner	AL36C	6 ft. (1.8 m)	■		■
10157845	■			Carabiner	AL36CL	6 ft. (1.8 m)	■		■
10157808	■			Carabiner	36C	6 ft. (1.8 m)		■	■
10157809	■			Carabiner	36CSN	6 ft. (1.8 m)		■	■
10157810	■			Carabiner	36CL	5 ft. (1.5 m)		■	■
10157831	■			Carabiner	AL36C	6 ft. (1.8 m)		■	■
10157832	■			Carabiner	AL36CL	6 ft. (1.8 m)		■	■
10157858		■		Carabiner	36C	6 ft. (1.8 m)	■		■
10157859		■		Carabiner	36CSN	6 ft. (1.8 m)	■		■
10157860		■		Carabiner	36CL	5 ft. (1.5 m)	■		■
10157861		■		Carabiner	AL36C	6 ft. (1.8 m)	■		■
10157862		■		Carabiner	AL36CL	6 ft. (1.8 m)	■		■
10157852		■		Carabiner	36C	6 ft. (1.8 m)		■	■
10157853		■		Carabiner	36CSN	6 ft. (1.8 m)		■	■
10157854		■		Carabiner	36CL	5 ft. (1.5 m)		■	■
10157855		■		Carabiner	AL36C	6 ft. (1.8 m)		■	■
10157856		■		Carabiner	AL36CL	6 ft. (1.8 m)		■	■
10157847	■		■	Carabiner	FP5K	9 ft. (2.7 m)			■
10157864		■	■	Carabiner	FP5K	9 ft. (2.7 m)			■
10157833	■		■	Carabiner	FP5K	9 ft. (2.7 m)		■	■
10157857		■	■	Carabiner	FP5K	9 ft. (2.7 m)		■	■

Workman Energy-Absorbing Lanyards

When a fall hazard is present, use a lightweight, low-profile Workman Energy-Absorbing Lanyard. The energy absorber not only limits force on the body in a fall, but also on the anchor location. The energy-absorber includes a clear, durable protective cover over the labels to increase service life and enable easy inspection.

- Tear-tape design keeps average fall arrest forces below 900 lbs. (4 kN)
- Choice of single- or twin-leg configurations
- Choice of adjustable or tie-back configurations



Workman Rebar Assembly

Designed for work positioning applications such as tying rebar or constructing concrete forms. Meets applicable OSHA regulations and is CSA Z259.11-05 certified.



Rebar Web Assembly, 13" (203 mm) legs, with large sliding snaphook
P/N 10072498

Workman Restraint Lanyard

Restraint lanyards are primarily used for travel restriction (to restrain a worker from reaching a fall hazard) and work positioning (stabilizing a worker at an elevated location) applications. Workman Restraint Lanyards meet applicable OSHA regulations and are CSA Z259.11-05 certified.



6-ft. (1.8 m), adjustable, polyester web restraint lanyard with LC snaphooks
P/N 505204

Fall Protection **for Compliance**

Workman Energy-Absorbing Lanyard Ordering Information

PART NO.	Type			Connection		Standards		
	Single-Leg	Twin-Leg	Tie-Back	Harness Connection	Anchorage Connection	ANSI 359.13	CSA Z259.11	OSHA
10113157	■		■	36C	36C	■		■
10113158	■			36C	36C	■		■
10113164	■			36C	36CL	■		■
10113162		■	■	36C	(2) 36C	■		■
10113159		■		36C	(2) 36C	■		■
10113163		■		36C	(2) 36CL	■		■
10072472	■		■	36C	36C		■	■
10072474	■			36C	36C		■	■
10076124	■			36C	36CL		■	■
10072473		■	■	36C	(2) 36C		■	■
10072475		■		36C	(2) 36CL		■	■
10073708		■		36C	(2) 36C		■	■

Workman 12-ft. Free Fall Energy-Absorbing Lanyard Ordering Information

Tying-off at foot level

PART NO.	Type				Connection		Length	Standards	
	Single-Leg	Twin-Leg	Tie-Back	Adjustable	Harness Connection	Anchorage Connection		ANSI	OSHA
10150488	■			■	36C	36C	6 ft. (1.8 m)	■	■
10150489	■		■	■	36C	36C	6 ft. (1.8 m)	■	■
10150490		■		■	36C	(2) 36C	6 ft. (1.8 m)	■	■
10150491		■	■	■	36C	(2) 36C	6 ft. (1.8 m)	■	■

Workman Heavy Worker Energy-Absorbing Lanyard Ordering Information

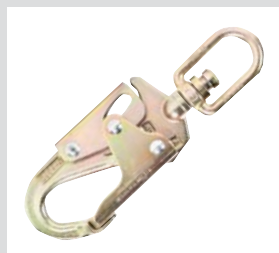
400 lbs. user capacity

PART NO.	Type				Connection		Length	Standards	
	Single-Leg	Twin-Leg	Tie-Back	Adjustable	Harness Connection	Anchorage Connection		ANSI	OSHA
10150488	■			■	36C	36C	6 ft. (1.8 m)	■	■
10150489	■		■	■	36C	36C	6 ft. (1.8 m)	■	■
10150490		■		■	36C	(2) 36C	6 ft. (1.8 m)	■	■
10150491		■	■	■	36C	(2) 36C	6 ft. (1.8 m)	■	■

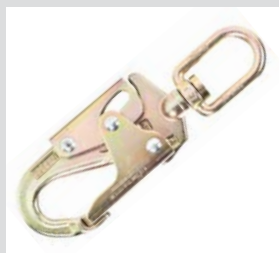
Snaphooks



36C Snaphook



36CS Snaphook
(swivel with load indicator)



36CSN Snaphook
(swivel without load indicator)



36CL Snaphook

Workman FP Stryder Anchorage Connector

2 models available to fit most beam sizes!

- Standard version fits beam flange widths from 4" (102 mm) to 13.5" (343 mm)
- XL version fits beam flange widths from 14" (356 mm) to 23.5" (597 mm)

Features

- Low-friction wear pads with Teflon® eliminate metal-to-metal contact and allow the FP Stryder Anchorage Connector to glide effortlessly along the beam flange
- Integral load indicator alerts user if the unit has been exposed to a fall
- Versatile design allows for mounting overhead or at worker's feet
- Vernier adjustability enables a secure fit and 1/4" (6.4 mm) adjustment intervals
- Easy to use lever-locking adjustment—*no pins to lose!*

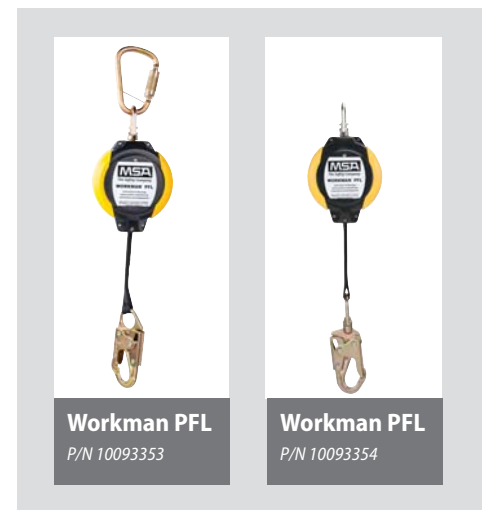


Workman Web PFL Ordering Information

PART NO.	Version		Fits Beam Widths	Max. Working Load	Min. Breaking Strength	Weight	Standards	
	Standard	XL					ANSI Z359.1	OSHA
10144431	■		4" – 13.5" (102 – 343 mm)	400 lbs. (181 kg)	5000 lbs. (2268 kg)	5.3 lb. (2.4 kg)	■	■
10144432		■	14" – 23.5" (356 – 597 mm)	400 lbs. (181 kg)	5000 lbs. (2268 kg)	5.3 lb. (2.4 kg)	■	■

Workman Web Personal Fall Limiter

- Rugged, impact-absorbing retective bumpers for added durability
- 310-lb. (141 kg) working capacity



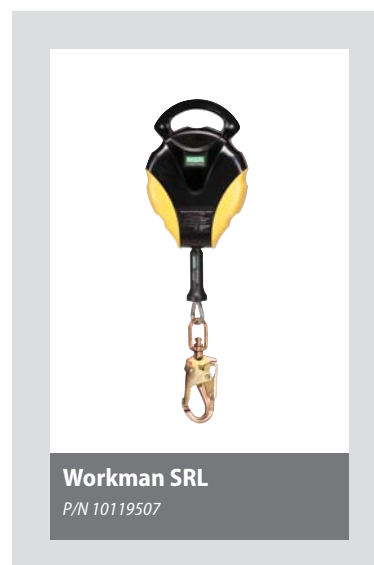
Workman Web PFL Ordering Information

PART NO.	Connection		Length	Standards		
	PFL Connection	Lifeline Connection		ANSI Z359.14	CSA Z259.2.2	OSHA
10093353	1" (25 mm) Steel Carabiner	36C Snaphook	12 ft. (3.7 m)	■		■
10093354	None	36C Snaphook	12 ft. (3.7 m)	■		■
10093356	None	36C Snaphook	10 ft. (3 m)		■	■
10093357	1" (25 mm) Steel Carabiner	36C Snaphook	10 ft. (3 m)		■	■

Workman Self-Retracting Lanyards (SRL)

With lightweight design, durable thermoplastic housing and impact-absorbing bumpers, the Workman SRL is the economical option for tough construction environments.

- RFID-enabled product for simplified product tracking and inspection
- 400-lb working capacity for increased versatility
- Integral, ergonomic carrying handle for easier transport and installation
- Available with galvanized or stainless steel lifeline to fit your varied applications
- Swivel snaphook with load indicator at lifeline end greatly limits twisting of cable; also alerts users that the Workman SRL has been involved in a fall
- Available in 30-ft and 50-ft lengths to provide the mobility you need
- Certification to ANSI Z359.14-2012 and CSA Z259.2.2 for compliance
- Meets all OSHA requirements



Workman Self-Retracting Lanyard (SRL) Ordering Information

PART NO.	Connection			Length	Standards		
	Galvanized Cable	Stainless Steel Cable	Harness Connection		ANSI Z359.14-2012	CSA Z259.2.2	OSHA
10119507	■		36CS snaphook	30 ft. (9 m)	■	■	■
10120724		■	36CS snaphook	30 ft. (9 m)	■	■	■
10121834	■		36CS snaphook	50 ft. (15 m)	■	■	■
10121778		■	36CS snaphook	50 ft. (15 m)	■	■	■

Workman Confined Space Entry Kits

MSA Tripods make confined space entry with vertical descent easy. The Workman Tripod features an internal leg-locking mechanism, a maximum height indicator on the tripod legs, cut-resistant leg pin retention chains, recessed product labels, a reduced weight and an integral carrying strap. The Workman Tripod can be set up and dismantled without the use of tools.

- Automatic hinge lock legs with incremental adjustment
- Skid-resistant feet
- Meets all OSHA requirements

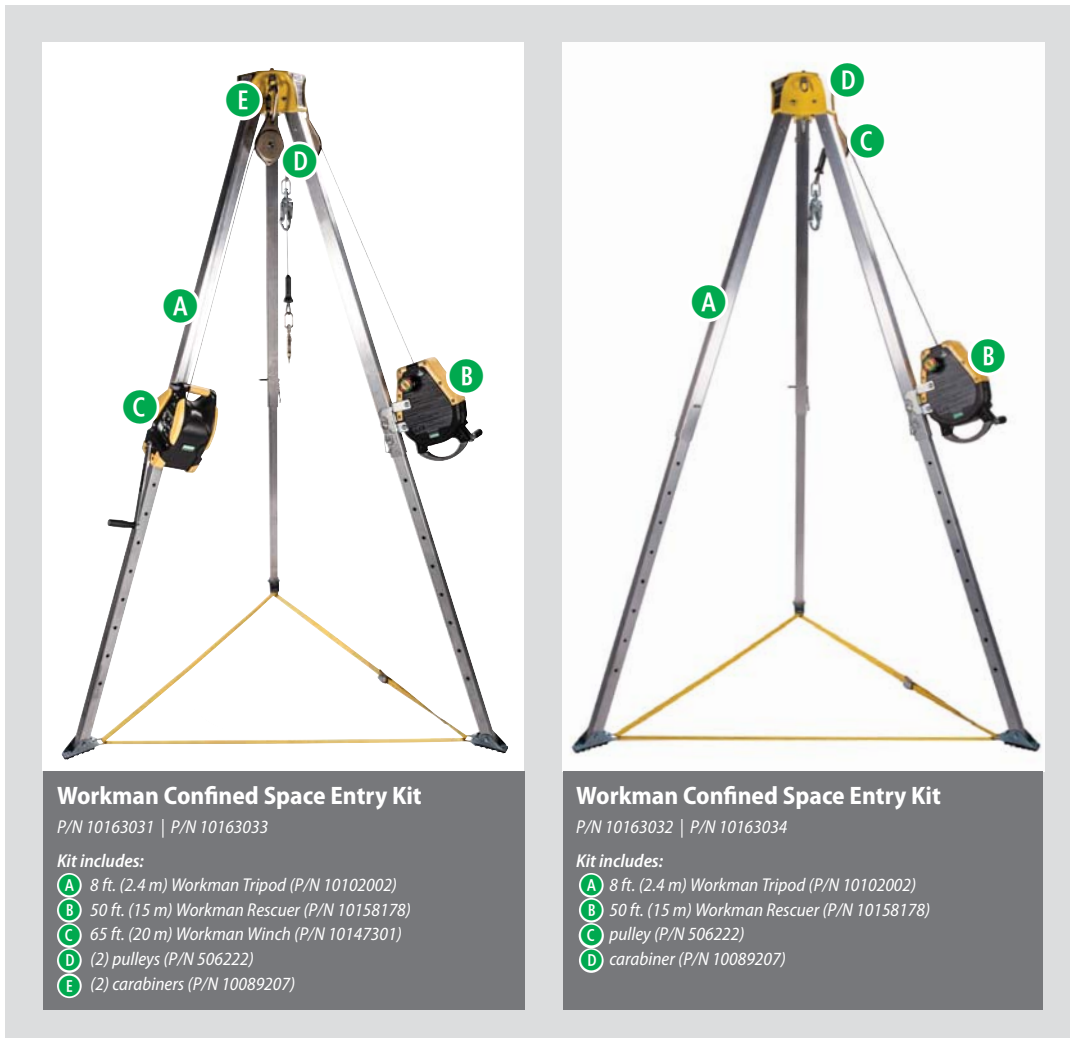
Complete confined space entry kits are ideal for for multiple confined space applications.

- Enable non-entry rescue of a confined space entrant
- Provide great portability
- Allow lifting and lowering of materials and personnel via the hoist while retaining the ability to use an SRL



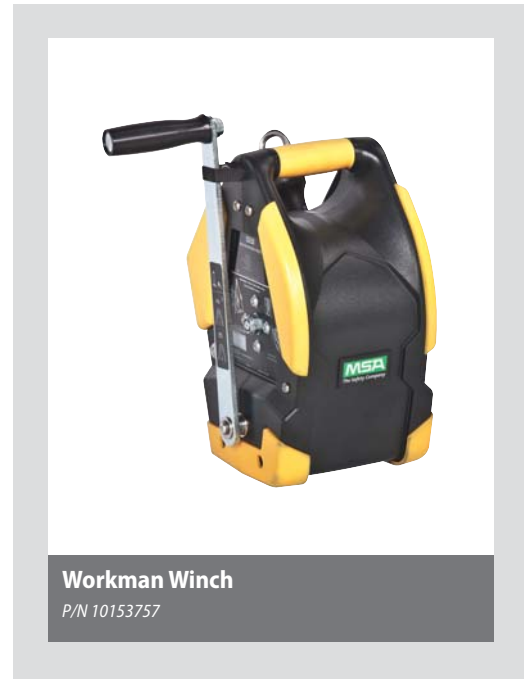
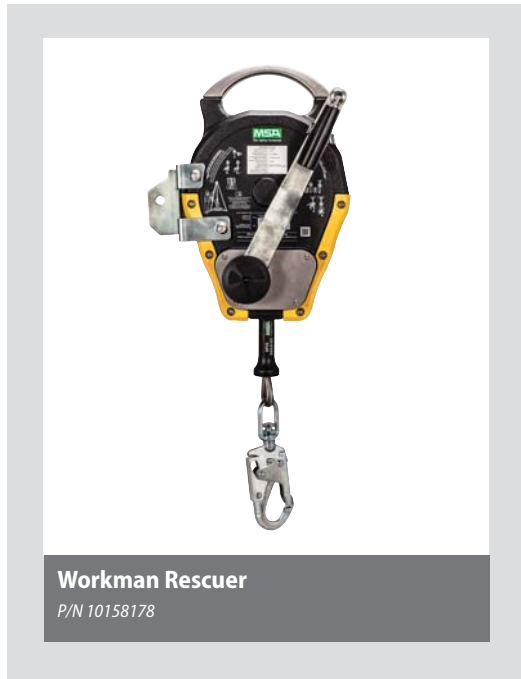
Workman Confined Space Entry Kit Parts & Accessories Ordering Information

Workman Tripod	
PART NO.	Workman Tripod
10102002	Workman Tripod
Replacement Parts & Accessories	
PART NO.	Replacement Parts & Accessories
10105612	Leg base support strap
10089207	Carabiner
506222	Pulley



Workman Confined Space Entry Kit Ordering Information

PART NO.	Type	Components					Standards		
	Stainless Steel	Workman Tripod	Workman Rescuer	Workman Winch	Pulleys	Carabiners	ANSI Z359.14	CSA	OSHA
10163033	■	■	■	■	2	2	■		■
10163034	■	■	■		1	1	■		■
10174588	■	■	■	■	2	2		■	■
10174589	■	■	■		1	1		■	■



Workman Rescuer

- Fast, easy and intuitive fall protection with integral bi-directional retrieval capability
- Arrests fall and allows fallen worker to ascend or descent to safe location
- Durable, economical
- Fast installation and setup
- Patent-pending integral bracket
- Intuitive mode switch
- ANSI Z359.14 and CSA Z259.2.2

PART NO.	Workman Rescuer
10158178	Workman Rescuer, stainless steel cable, 50-ft. (16 m)
10158180	Workman Rescuer, stainless steel cable, 50-ft. (16 m), CSA
10159755	Synthetic rope for Workman Rescuer, 50-ft. (16 m), ANSI

Workman Winch

- Rugged, versatile and economical mechanism for lifting, lowering and positioning of personnel and materials within confined space applications
- Maximum work load of 400 lbs. (181 kg) for personnel, 620 lbs. (281 kg) for materials (20:1 design factor)
- Patent-pending bracket attachment for easy installation
- Ergonomic carry grip and foldable crank handle
- Includes integral RFID technology
- Includes self-locking swivel 36C snaphook

PART NO.	Workman Winch
10153757	Workman Winch, galvanized cable, 65-ft. (20 m)
10147301	Workman Winch, stainless steel cable, 65-ft. (20 m)
10154686	Workman Winch, galvanized cable, 95-ft. (29 m)
10154684	Workman Winch, stainless steel cable, 95-ft. (29 m)
10148277	Synthetic rope for Workman Winch, 65-ft. (20 m)

Note: This Bulletin contains only a general description of the products shown. While uses and performance capabilities are described, under no circumstances shall the products be used by untrained or unqualified individuals and not until the product instructions including any warnings or cautions provided have been thoroughly read and understood. Only they contain the complete and detailed information concerning proper use and care of these products.

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