All MSA harnesses that are labeled as meeting ANSI Z359.1 or Z359.11 will also meet the OSHA Heavy Worker requirement and are allowed for use by workers up to 400lbs.

It should be noted that the scope of the ANSI Z359 standard only recognizes and applies to workers between 130-310lbs. For users 311lbs-400lbs, only OSHA compliance applies.

**Capacity:** 400 lbs (181 kg) [310 lbs (140 kg), ANSI Z359.11] (Includes person + clothes + tools), if shock absorbing lanyard is present, refer to capacity requirements of shock absorber.

MSA ANSI harness labels reflect both user capacity requirements as seen here.

ANSI Z359 specifically limits the allowable user weight range to be between 130-310lbs, whereas OSHA allows the user capacity to be adjusted as long as the test weight is also adjusted accordingly.

Thus, MSA has tested all harnesses with the heavier test weight in order to qualify for both requirements.