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## TECHNICAL DATA SHEET



### EXTREME FS145-HW Heavywiegth Fall Protection Kit



**Features and Benefits** FSP USA Heavyweight Fall Protection Kits contain everything you need for compliant Fall Protection in one easy to order bundle.

**Attachment Point(s)** 1 Dorsal D-ring, 2 Snap Hooks

**Part #'s included in kit** FS99280-HW Harness, FS88660-HW energy absorbing lanyard, and a FS8125 Small Carry Bag

**Materials (Harness)**  
1.75 in (44.45 mm) Polyester webbing  
Polyester thread grade 10  
Plastic lanyard keepers  
Plastic no-tangle back D-ring pad  
Forged steel D-ring and pass-through buckles

**(Lanyard)**  
1.25 in (31.75 mm) Polyester webbing  
Polyester stitching grade 10  
Energy absorber  
Forged steel snap hooks, each:  
3,600 lbs Gate-rated; Min breaking strength > 5,000 lbs

**Weight** 7.10 lbs (3.22 kg)

**Weight Capacity** 400 lbs (181.44 kg)

**Sizes** S/M - L/XL - XXL

**Applicable Standards** Meets OSHA 1926.502 - ANSI Z359.1-2007 - ANSI A10.32 2012  
ANSI Z359.13-2009