



Harness
Shown #38047



CHECKMATE[®]

PBH04

4-Point Safety Harness

Technical Data Sheet

Designed for comfort, the Checkmate PBH04, 4-point safety harness range is the perfect fall and restraint harness solution. With rear and front attachment points, and a waistbelt with side D-rings, the harnesses are ideal for utility workers, arborists and general industry

Series harnesses are fully adjustable and available in 3 sizes to ensure a comfortable fit. Certified for use up to 140kg, the harnesses can be safely worn with tools and equipment. The harnesses feature water repellent contrasting webbing, dual impact indicators, velcro label cover and adjustable shoulder and leg straps.

Available options include shoulder pads and quick-connect or pass-through buckles.

Key Features

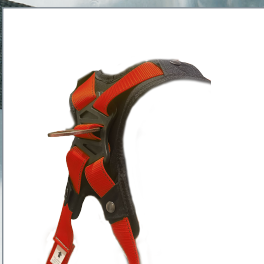
- Heavy-duty waist belt w/side D-rings
- Dual lanyard keepers
- Removable shoulder padding
- Water-repellent contrasting core webbing for easy inspection
- Dual impact indicators
- Velcro label cover
- 2-bar torso adjuster
- Captivated chest strap

For more information please call:

+44 (0) 1795 580 333

or email:

enquiries@checkmatesafety.co.uk



Shoulder Padding
(Optional)



Waist-Mounted D-ring



Designed, Tested,
and Assembled in the
United Kingdom

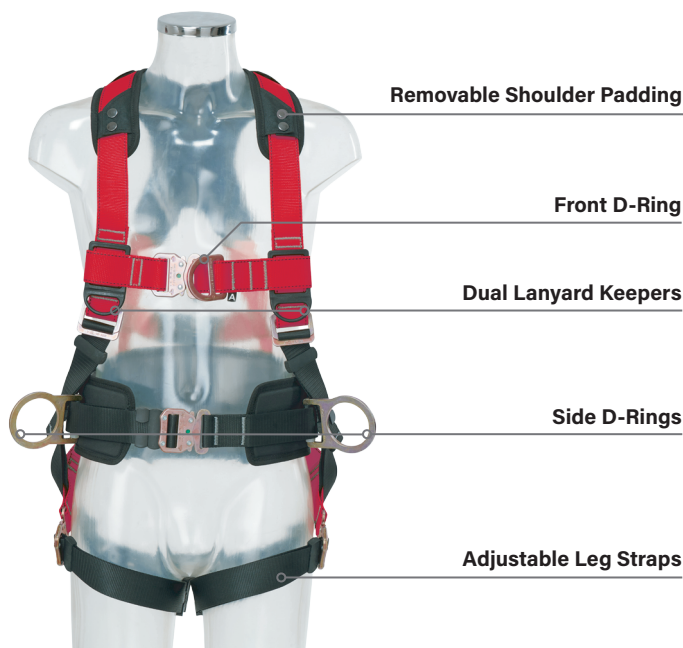
www.checkmatesafety.co.uk

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Part Number (s)	Description	Size	User Weight Range
38038	Front & Rear D-Rings, Waistpad, Pass-Through Buckles	M-L	59 kg - 140kg
38040 / 38041 / 38042	Front & Rear D-Rings, Waistpad, Quick-Connect Buckles	XS-S / M-L / XL-XXL	59 kg - 140kg
38046 / 38047 / 38048	Front & Rear D-Rings, Waistpad, Quick-Connect Buckles, Shoulder Pads	XS-S / M-L / XL-XXL	59 kg - 140kg



Dorsal D-Ring

Dual Impact Indicators

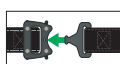
Velcro Label Cover

Heavy-Duty Waistpad

Sub-Pelvic Assembly



Pass-Through Buckle



Quick-Connect Buckle

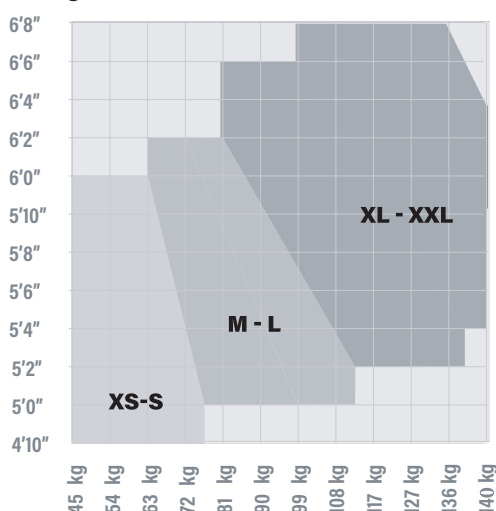
Materials

- Polyester & galvanized steel

Harness Weight

- 1.2 kg - 1.7 kg

Sizing Chart



Lifespan

Checkmate products that consist of textile components of any kind have a maximum lifespan of 10 years from the date of manufacture.

Cleaning

Textiles must only be cleaned with plain water (not exceeding 50°C) or, if plain water is not sufficient, with a mild soap/water solution.

Inspection

Prior to EACH use, inspect the equipment and connection points for signs of deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint build-up, excessive heating, alteration, broken stitching, fraying, missing or illegible labels.

Compliance

This product is fully compliant with the following safety regulations:

EN 361:2002 and EN 358:2018