



1. Check size and standards



2. Open and check for damages



3. Pull socks over trousers



4. Climb into the legs of the coverall while sitting



5. Put on rubber boots, pull coverall legs over rubber boots



6. Stand up and put on the sleeves



7. Close coverall up to the chest





8. Put on breathing mask and goggles. Then pull over the hood

9. Close the coverall completely and remove the paper from the adhesive flap

10. Smooth out coverall and seal flap with adhesive tape





11. Put on gloves and finger loops



12. Stretch to ensure good fit and freedom of movement

Coverall doffing



1. Release adhesive tab



2. Open zipper



3. Pull the hood backwards and turn inside out (grip at ear level)



4. Remove the sleeves and gloves by inverting, this ensures that contact is not made with the body



5. Pull the suit into the hollow of your knees and sit down. Remove the coverall and boot together

6. Do not reuse! Turn coverall inside out and dispose of with mask

