Wearing your protective coverall properly is essential to the performance and protection it can offer, starting with how you put it on and ending with how you take it off.

**Donning**

1. Check for the appropriate product and size
2. Unpack the suit and read the user instructions
3. Preparation
   - Unfasten the suit
   - Remove any outer clothing
   - Unfasten the coverall
   - Ensure the suit is worn as it should be
   - Ensure the coverall fits correctly
   - Ensure the coverall is the correct size

4. Putting on the coveralls
   - Slowly pull the zip from bottom to top
   - Ensure that the suit is comfortable
   - Ensure that the suit is secure
   - Ensure that the suit is free from any damage

5. Putting on your gloves
   - Carefully insert your hand into the glove
   - Ensure that the glove is snug on your hand
   - Ensure that the glove is secure
   - Ensure that the glove is not damaged

6. Other PPE
   - Wear your other PPE
   - Ensure that your other PPE is secure
   - Ensure that your other PPE is comfortable

7. Pull on your hood

8. Put on your shoes

9. Check the fit
   - Ensure that the coverall is secure
   - Ensure that the coverall is comfortable
   - Ensure that the coverall is secure
   - Ensure that the coverall is not damaged

**Doffing**

1. Remove contaminants
2. Preparation
   - Unfasten the suit
   - Remove any outer clothing
   - Unfasten the coverall

3. Unfasten the suit

4. Sleeves and entering coat
   - Ensure that the coverall is secure
   - Ensure that the coverall is comfortable
   - Ensure that the coverall is secure
   - Ensure that the coverall is not damaged

5. Gloves
   - Remove your gloves
   - Ensure that the gloves are secure
   - Ensure that the gloves are comfortable
   - Ensure that the gloves are secure

6. Other PPE
   - Remove your other PPE
   - Ensure that your other PPE is secure
   - Ensure that your other PPE is comfortable

7. Disposal
   - Ensure that the coverall is secure
   - Ensure that the coverall is comfortable
   - Ensure that the coverall is secure
   - Ensure that the coverall is not damaged

8. If you have any questions about this guidance or doubts about how to use 3M Protective Coveralls, please contact your local 3M representative or your safety professional. Consult the user instructions.