



# Donning & Doffing

## How to put on or 'Don' and take off or 'Doff' your 3M™ Protective Coverall

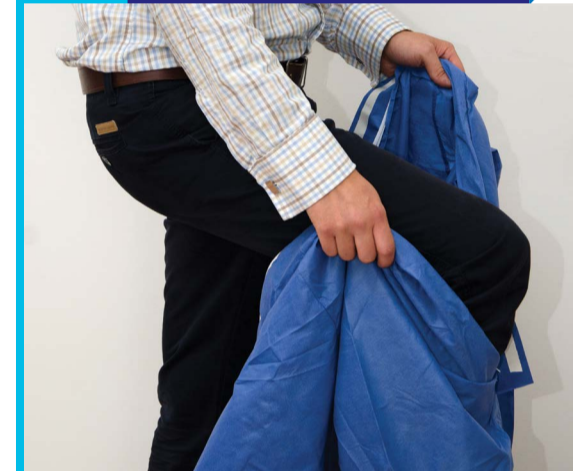




Wearing your protective coverall properly is essential to the performance and protection it can offer, starting with how you put it on and ending with how you take it off.

### Donning





- 1 Check for the appropriate product and size**


Verify that the coverall is the correct size for you and check the product's packaging. The standards the product meets and type of protection offered are listed and explained in the user instructions (UI).
- 2 Unpack the suit & read the user instructions**


Carefully unpack the product and locate the user instructions. Study this information and make sure you understand all the instructions before you use the suit.

⚠ Pay particular attention to the warnings and use limitations of the product.
- 3 Preparation**
  - Unfold the coverall carefully and avoid surfaces that may damage the product.
  - Check the neck label to see if it matches the model, size and protection level required.
  - Check your coverall for any defects such as holes or tears and replace if damaged.
  - Move to a designated dressing area away from contamination and workplace hazards.
  - Ensure you have all your Personal Protective Equipment (PPE) within easy reach.
  - In a sitting position, **remove footwear, bulky clothing, jewelry and anything else that may interfere with your PPE or pose a safety risk.**
- 4 Putting the coverall on**

  - Without footwear, carefully insert your leg into the coverall by pointing your foot and carefully guiding it through the ankle opening. Repeat with other leg and then pull the coverall up over your waist.
- 5 Putting your footwear on**

  - Roll up the legs of the coverall and put on your footwear, then roll the legs of the coverall back down to fully cover the lower leg and ankle.
  - In most cases, the coverall should go over the footwear, but check with a safety professional if in doubt.
- 6 Other PPE**
  - Now put on your other PPE ensuring that you fit them correctly according to the manufacturer's instructions and as shown in your training.
  - Your PPE must be compatible and suitable for the job.
  - If you have already put on some other PPE before donning your coverall you should check it again to ensure that you have not disturbed their fit.
  - Check tight fitting facepieces and goggles for a good seal to the face and never wear them over the coverall hood.
- 7 Putting up your hood & stormflap**

  - Pull the hood over the head, covering the skin and any other PPE as required.
  - Slowly pull the zip from bottom to top and all the way up to the chin.
  - If the 3M protective coverall you have chosen has a stormflap with sealable tape, peel off the backing paper and smooth the flap down evenly to ensure the zip is covered. Do the same on the chin flap for the 3M™ Protective Coverall 4565 and 3M™ Protective Coverall 4570.
  - To ensure a smooth seal on taped areas, it may be easier to ask a dressing buddy to assist.
- 8 Put on your gloves**

  - Whether the gloves should be worn inside or outside the sleeve depends on the nature of the work being undertaken. For work involving the handling of liquids below shoulder height, it may be prudent to wear the coverall sleeve over the glove cuff. For similar work above shoulder height, it may be better to wear the gloves under the coverall sleeve.
  - If you have chosen a coverall with knitted cuffs, please ensure that the knitted element of the cuff is covered by either gloves or tape to reduce the risk of the material attracting contaminants.
- 9 Check the fit**

  - It is important to check the fit of your coverall and that you can move comfortably without too much excess fabric. Practice the kind of actions you will need for your job – stretch up, crouch down, move your arms, legs and head around. Check to see if the coverall still fits comfortably and covers your body adequately to ensure fit of the other PPE has not been affected.
  - During full suit tests for compliance with Category 3 Type 3, 4, 5 & 6, coveralls are taped up and along the stormflap, around the closings such as wrists, ankles & facial opening around the hood to a facemask. Regarding taping your PPE in real use, please check with a safety professional if unsure or if this is appropriate for your PPE and application.

### Doffing

- 1 Remove contaminants**
  - Remove as much contamination from your coveralls and other PPE as practical. Pay particular attention to areas of heavy contamination and areas close to component interfaces and closures. Remove mobile contaminants by washing and wiping or fixing them in place.
- 2 Preparation**
  - Move to a designated area away from contamination and workplace hazards.
  - Ensure that you are within easy reach of the appropriate disposal facilities.
  - Where possible, use a buddy system so you can easily remove your garment without contaminating your skin and clothes. Please note your buddy should be adequately protected from contamination.
  - Ensure you have someone or something to hold on to for stability.
  - Always follow the guidance and instruction of a safety professional.
- 3 Unfasten the suit**

  - If the product you are wearing has sealed or taped stormflaps and chin flaps carefully un-stick them.
  - Detach the self adhesive stormflap from the coverall.
- 4 Sleeves and stepping out**

  - If you are wearing gloves under coverall cuffs; untape the wrists, where necessary, and then starting at the hood, pull the coverall down and step out of it. Ensure that your gloves do not touch the inside of the coverall or your body.
  - If you are wearing gloves over coverall cuffs; ensure your hands only touch the internal surfaces of the coverall by removing the top part of the body and arms by rolling it down and inverting the sleeves. Carefully withdraw your hands from the gloves as you invert the sleeves and continue to roll down the coverall and step out.
- 5 Gloves**

  - Remove your gloves according to the manufacturers instructions and in line with your safety procedures. You can get advice on how to do this on the manufacturer's or safety council's websites.
- 6 Other PPE**
  - Remove your other PPE such as hearing protection, eyewear and respirator according to the manufacturers instructions and in accordance with your safety procedures.
- 7 Disposal**

  - Dispose of the coverall into a suitable waste receptacle in accordance with local legislation and your safety procedures.

**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.**

#### Important Notice

This guide is only an outline. It should not be used as the only means for selecting protective clothing. Before using any protective clothing, the wearer must read and understand the user instructions for each product. Specific country legislation must be observed. If in doubt, contact a safety professional. Selection of the most appropriate PPE will depend on the particular situation and should only be made by a competent person knowledgeable of the actual working conditions and the limitations of PPE. Final determination as to the suitability of these products for a particular situation is the employer's responsibility. This information is subject to revision at any time. Always read and follow all User Instructions supplied with your 3M™ Protective Coveralls in order to ensure correct operation. If you have questions contact 3M Technical Service.