



Step 1. Join one side of the mask at a time.

Step 2. Undo nut from suction cup.

Step 3. With suction cup on inside, thread through all three parts and tighten as shown.

Step 4. Repeat on other side

Step 5. Now fit to head your size

Step 6. Put main head band around your head and insert zip into appropriate hole and adjust to correct size.

Step 7. Once at correct size hold in place take off head and put zip through next hole to lock securely.

Step 8. Adjust mask to fit head comfortably and tighten.

Cleaning instructions

Frequently wiping with sanitising products will kill harmful germs and bugs