Loosen the straps as far as they will go. Place the carrying strap, if present, around your neck.

First, place your chin in the chin pocket of the mask. Place the harness over the head and pull back until the front strap sits tight. Straighten the mask.

Pull the neck straps back evenly to tighten them.

Pull the temple straps back evenly. If necessary, tighten the front strap as well.

Check the seal:
P with lung demand valve (not connected)
Seal the coupling to the lung demand valve (e.g. with your thumb) to create a negative pressure. If the negative pressure does not persist, tighten the straps. Exhaled air must escape through the exhalation valve. Only use the mask if you are sure it is sealed!

Check the seal: RA, PE, ESA
Close the front port of the mask with the palm of your hand and inhale until a negative pressure is generated. Hold your breath for a moment. The negative pressure should persist. Otherwise, tighten the straps further. Exhaled air must escape through the exhalation valve. Only use the mask if you are sure it is sealed!

Check the seal:
RP with PSS BG 4 plus:
With RP mask, press the right hose together and inhale. If the negative pressure does not persist, tighten the straps. Exhaled air must escape through the left hose into the system. Only use the mask if you are sure it is sealed!

Loosen the lower neck straps. Reach under and pull the mask off your head (do not pull on the front port).