

# Always Wear Hair Restraints Properly!



1. Hold the elastic in one hand and the beard cover in the other hand.



2. Put the elastic behind the head and make sure the beard net covers your nose.



3. Put the beard cover under your chin. The elastic should be over the ears and around the back of the head.



4. Put on a hairnet and locate under the ears. Ensure the beard cover is covered by the hair net.

**Keep Yourself and Food Safe!**



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1. Brush and tie the hair back. The hairnet elastic needs to lay flat against the neckline.



2. Hold the hair net open with the seams to the front and back of the head.



3. Put the hair net across your forehead and pull over the top of the head.



4. Completely cover ears with the hair net. This ensures that the hairnet is securely in place.



5. All hair must be inside the hair net. The elastic headband should lay flat under the ears.



6. Put on any other personal protective equipment **after** the hair restraints have been properly placed on the head and face.

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