1 Insert the kneepad into the hole in the kneepad pocket. Slide the pad downward (Fig. A) and catch the bottom edge of the pocket between the plastic cap and foam body of the pad (Fig. B). Seat the pad against this seam.

2 Bend the pad forward and fold in the sides while inserting the top of the pad into the pocket (Fig. C). Catch the upper edge of the pocket between the cap and body of the pad (Fig. D).

3 Work the side edges of the pocket fabric up under the cap (Fig. E). The lip of the cap should now completely cover pocket opening (Fig. F). This keeps dirt out and protects the fabric from abrasion.