

Wear It Right: Putting on Your Respirator

NOTE: This sheet supplements, but does not replace, User Instructions. Always read and follow User Instructions.

These fitting instructions must be followed each time a three-panel filtering facepiece respirator is worn.

1. Prepare to Use Respirator



Remove the respirator from its packaging and hold with straps facing upward. Place the bottom strap under the center flaps next to the "WARNING" statement.



Fully open the top and bottom panels, bending the nosepiece around your thumb at center of the foam. Straps should separate when panels are opened. Make certain the bottom panel is unfolded and completely opened.



2. Place Respirator on Face



Place respirator on your face so that the foam rests on your nose and the bottom panel is open under chin. Hold the bottom panel securely under your chin.



Pull the top strap over your head and position it high on the back of the head.



Then, pull the bottom strap over your head and position it around your neck and below your ears. Adjust for a comfortable fit by pulling the top panel toward the bridge of your nose and positioning the bottom panel under your chin.

3. Adjust the Metal Nosepiece



Place fingertips from both hands at the top of your nose and using two fingers mold the nosepiece around your nose to achieve a secure seal.

4. Check Respirator-to-Face Seal



For non-valved respirators: Place one or both hands completely over the middle panel. Inhale and exhale sharply. If air leaks around your nose, readjust the nosepiece. If air leaks between the face and facesal of the respirator, reposition it by adjusting the panels and straps. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



For valved respirators: Place one or both hands completely over the middle panel and inhale sharply. If air leaks around your nose, readjust the nosepiece. If air leaks between the face and facesal of the respirator, reposition it by adjusting the panels and straps. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



WARNING

Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the particles, the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of this respirator, consult the supervisor and *User Instructions*, or call 3M at 1-800-247-3941.