



The importance of fit

Disposable respirators are most effective when there is a good seal between the edges of the respirator and your face. The instant this seal is broken, protection is compromised as contaminated air can leak in through any gaps.

Here's what to look for:

- Upper strap should be positioned on the crown of the head. Strap should not be twisted
- Noseclip should be moulded around nose and cheeks to give a good seal
- Respirator should be correctly positioned on your face and head
- For flat fold respirators make sure the panels are fully unfolded
- Lower strap should be positioned below the ears. Strap should not be twisted



The face should be clean shaven as beards or other facial hair can prevent a good seal.



Long hair should be tied back.



Using both hands, mould noseclip to the shape of the lower part of the nose to ensure a close fit and good seal. Do not pinch the noseclip with only one hand as this may not give a good fit.



Fit Check

- A pre-use fit check must be conducted every time you fit your respirator
- Cover the front of the respirator with both hands, being careful not to disturb the fit of the respirator
- Unvalved respirator – exhale sharply, Valved respirator – inhale sharply
 - If air leaks around the nose, re-adjust the noseclip to eliminate leakage
 - If air leaks at the respirator edges, work the straps back along the sides of the head or adjust the tension to eliminate leakage

Repeat the above fit check.

If you cannot achieve a proper fit do not enter the hazardous area - see your supervisor.



One model of respirator may not fit everyone. Users should be fit tested in accordance with national requirements. For information on fit testing procedures, contact your safety officer or 3M.