

# How to get a good fit

Disposable respirators are only 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.

To help get a good fit, follow these instructions every time you wear the respirator.



Make sure that your face is clean shaven. Respirators should not be worn with stubble, beards or other facial hair under the area of the face seal as these can prevent a good seal to the face.



If the respirator is to be used for more than one shift the face seal must be cleaned at the end of each shift using a 3M™ Face Seal Wipe 105. The respirator should be stored in a sealed, clean bag or container between uses.



Ensure face seal is properly formed around the nose – the face seal must not be folded in

Upper strap should be positioned on the crown of the head. Strap should not be twisted

Lower strap should be positioned below the ears. Strap should not be twisted

Respirator should be correctly positioned on your face and head



1. Thread the top and bottom straps through their respective buckles. Ensure that they remain untwisted.



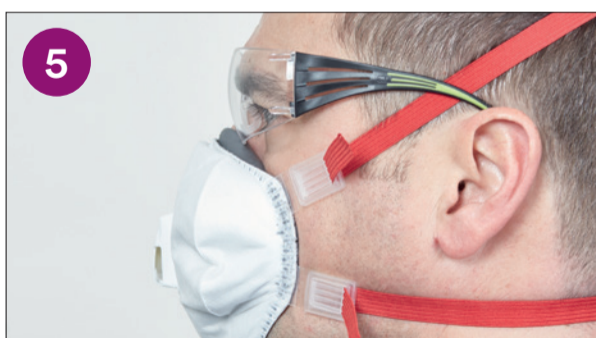
2. With one hand, cup the respirator under your chin with the nose piece facing upwards. Take both straps in your other hand. Place the respirator onto your face.



3. Locate the upper strap across the crown of the head and the lower strap below the ears. Straps must not be twisted.



4. Tighten the straps to secure the respirator.  
To increase tension, pull evenly on both ends of the top and bottom straps.  
To decrease tension, without removing respirator, push out on the back of the buckles.



5. Ensure face seal is properly formed around the nose.  
**The face seal must not be folded in.**



6. The seal of the respirator on the face should be fit checked before entering the workplace.

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## Fit Check Procedure

1. Cover the front of the respirator with both hands being careful not to disturb the fit of the respirator.
2. INHALE sharply. You should feel the respirator collapse slightly onto your face. If it does not, and you detect air leaks at the seal, reposition the respirator upon the face and adjust headband tension to eliminate leakage. Repeat the fit check.

If you CANNOT achieve a proper fit DO NOT enter the hazardous area. See your supervisor.