

Wear It Right

Wearing your three-panel filtering facepiece respirator



1 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.



2 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.



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



4 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.



5 Adjust for a comfortable fit by pulling the top panel toward the bridge of your nose and positioning the bottom panel under your chin.



6 Place fingertips from both hands at the top of your nose and mold the nosepiece around your nose to achieve a secure fit.



Non-valved, three-panel filtering facepiece respirator



Valved, three-panel filtering facepiece respirator

Check the seal of your three-panel facepiece respirator each time you don the respirator.

1a 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 as described in Step 6. If air leaks at the edges of the respirator, adjust the panels and straps. If you cannot achieve a proper fit, **do not** enter the contaminated area. See your supervisor.



1b 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 as described in Step 6. If air leaks at the edges of the respirator, adjust the panels and straps. If you cannot achieve a proper fit, **do not** enter the contaminated area. See your supervisor.



WARNING:

- ▲ This respirator helps protect you from certain particles when worn during all times of exposure.
- ▲ Misuse of this respirator may result in sickness or death.
- ▲ See your supervisor with questions regarding which respirator to wear and its proper use, or call 3M: 1-800-243-4630. (In Canada, call 3M: 1-800-267-4414.)
- ▲ If you cannot achieve a proper fit, do not enter the contaminated area. See your supervisor.
- ▲ OSHA standard 1910.134 and the CSA standard Z94.4-93 requires that the wearer be fit tested.
- ▲ Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the edge of the respirator.