

# The Importance of Fit

Reusable 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.

## Donning your 3M™ Reusable Half Face Masks 6500 and 6500QL



**1** Adjust head cradle size as needed to fit comfortably on head. Place the mask over the mouth and nose with one hand, then pull the head harness over the crown of the head with the other hand.



**2** Grasp the bottom straps, place them at the back of the neck and hook them together.



**3** Pull the ends of the straps to adjust the tightness, beginning with the adjustment points on the head cradle and then moving to the adjustment points at the back of the neck. Do not over-tighten. Strap tension may be decreased by pushing out on back side of buckles.

## Using the 6500QL Quick latch drop down



Quick latch closed

Pull up on latch

Quick latch open

Pull down on latch

**Important notice:** Only move to drop-down position in non-contaminated environments.

**To open quick latch:** Grasp the latch at chin level and pull up. **To close quick latch:** Grasp the facepiece with your thumb on the bottom of the facepiece and your first two fingers on top of the latch. Place the facepiece over your nose and mouth while pushing down on the latch.

## User fit checks: Check the seal each time you don the respirator



### Positive pressure user seal check using 3M™ Gas and Vapour Filters 6000 Series

Place the palm of your hand over the exhalation valve cover and exhale gently. The facepiece should bulge slightly. If air leaks between the face and the faceseal, reposition the respirator and/or adjust the straps for a more secure seal.



### Positive pressure user seal check using 3M™ Gas and Vapour Filters 6000 Series

Place your thumbs on the centre portion of the filters, restricting airflow through the filters, and inhale gently. Hold your breath for a few seconds. The facepiece should collapse slightly closer to your face. If air leaks between the face and the faceseal, reposition the respirator and/or adjust the straps for a more secure seal.



### Negative pressure user seal check using 3M™ Particulate Filters 6000 Series

Squeeze filter covers with hands toward facepiece to restrict airflow. Be careful not to disturb the position of the respirator. Inhale gently. Hold your breath for a few seconds. The facepiece should collapse slightly. If air leaks between the face and the faceseal, reposition it and adjust the straps for a tighter seal.

**If you cannot achieve a proper seal, do not enter a contaminated area. See your supervisor.**

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