

3M Science.
Applied to Life.™

Wear It Right

Wearing your 3M™ Ultimate FX Full Facepiece Reusable Respirator, FF-400 Series



1.

Fully loosen all six head straps. Hold the front of the facepiece with one hand and the straps/comfort cradle away from the facepiece with the other hand, creating an opening for the head. Pull the respirator assembly down over the head. Place the nose in the nose cup and chin in the chin cup area then press the facepiece firmly and evenly against the face.



2.

While holding the facepiece in place, pull the straps over your head.



3.

Tighten the two bottom straps.



4.

Tighten the two middle straps, then the two top straps. Make sure the back of the harness is centered on the back of the head.

Check the seal of your 3M™ Full Facepiece Reusable Respirator each time you don the respirator.



Positive Pressure User Seal Check

Remove the exhalation valve cover. Place the palm of your hand over the exhalation valve and exhale gently. If the facepiece bulges slightly and no air leaks are detected between the face and the facepiece, a proper seal check has been obtained.*

*If faceseal air leakage is detected, reposition the respirator on your face and/or readjust tension of the straps to eliminate the leakage. If you cannot achieve a proper seal, do not enter contaminated area. See your supervisor.
Note: Before assigning any respirator to be worn in a contaminated area, a qualitative or quantitative fit test should be performed per the CSA standard Z94.4.
Note: Perform a positive and/or negative pressure user seal check each time the respirator is donned.



Negative Pressure Seal Check

Using 3M™ Cartridges

Place the palms of your hands over the cartridges and inhale gently. The facepiece should collapse slightly. If air leaks between the face and the faceseal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



Using 3M™ Particulate Filters

Using hands, press or squeeze filter covers toward facepiece to restrict airflow. Be careful not to disturb the position of the respirator. Inhale gently. If you feel the facepiece collapse slightly and pull closer to your face with no leaks between your face and the facepiece, a proper seal has been obtained.*



WARNING

These respirators help reduce exposures to certain airborne contaminants. Before use, the wearer must read and understand the User Instructions provided as a part of the product packaging. A written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134 including training, fit testing and medical evaluation. In Canada, CSA standards Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. **Misuse may result in sickness or death.** For proper use, see package instructions, supervisor, or call 3M Personal Safety Division Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.

3M Canada Personal Safety Technical Support Centre
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