1. Prepare to Use Respirator
- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling.
- Inspect respirator for holes, tears or other damage to surface, straps, metal nose strip and nose foam. Get a new respirator if damaged.
- With model 8210, pre-stretch the straps before wearing.
- If you wear glasses, read steps 2 through 4, then remove glasses before putting on the respirator.

2. Place Respirator on Face
Place respirator against your face, with the bottom under chin and metal nosepiece across bridge of nose.

3. Adjust the Metal Nosepiece
Pull the top elastic band over your head and place at the top back of your head.
Next pull the bottom elastic band over your head and place around the neck below the ears.
Use both hands to bend the metal nosepiece to fit snugly against your nose and face. The respirator may not fit as well if you pinch the metal nosepiece using one hand. Use two hands. Slide fingers down both sides of metal nosepiece to seal it against your nose and face.

4. Check Respirator-to-Face Seal
For non-valved respirators: Completely cover the outside of the respirator with both hands. Do not push the respirator against your face. With your hands in place on the surface of the respirator, exhale, or breathe out sharply. If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, repeat steps 2, 3 and 4. When respirator is a good fit, you will not feel any air blowing on your face or eyes. If you can’t get a good fit, try a different model respirator. Return glasses to face, if applicable.

For valved respirators: Completely cover the outside of the respirator with both hands. Do not push the respirator against your face. With your hands in place on the surface of the respirator, inhale, or breathe in sharply. If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, repeat steps 2, 3 and 4. When respirator is a good fit, you will not feel any air blowing on your face or eyes. If you can’t get a good fit, try a different model respirator. Return glasses to face, if applicable.

**WARNING**
Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the particles, the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. Misuse may result in sickness or death. For correct use of this respirator, consult the supervisor and User Instructions or call 3M at 1-800-247-3941.

*This document applies only to non-folding respirators. Consult instructions for folding respirators online at 3m.com/workersafety*