

Can welders grow facial hair?

Average human hair grows at a rate of 5 to 6 inches per year.¹

How long can your facial hair be? The short answer is that it depends. We tackle the long answer below.

If you’re required to wear a respirator on the job, you just might be able to get away with having some facial hair. Where you can grow facial hair and how much of it you can have depends on what type of respirator you’re wearing.

If you need to wear a tight-fitting respirator on the job, you’ll need to be clean shaven . However, a loose-fitting facepiece with a powered air purifying respirator (PAPR) or supplied air respirator is a simple way that allows you to potentially let your facial hair grow.

Tight
fitting respirators



vs



Loose
fitting head tops

Loose-fitting headtops



More flexibility in terms of facial hair length and placement with this type of headtop

Offers a seal in the form of an elastic that needs to be against clean shaven skin to help provide proper fit

Seals under the chin or around the neck



Beard
As long as the beard is shortly-groomed and doesn’t interfere where the respirator’s elasticized face seal comes into contact with the skin.



Mustache
Users must be clean shaven where the respirator’s elasticized face seal comes into contact with their face.



Goatee
As long as the goatee is shortly-groomed and doesn’t interfere where the respirator’s elasticized face seal comes into contact with the skin.

For additional information:
[3M.com/MetalworkingSafety](https://www.3m.com/MetalworkingSafety)

Curious if one of our welding helmets will work with your facial hair style?
Click here to request a free, no obligation demo today and find out.



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3M PSD products are for occupational use only.

	⚠WARNING
	Respiratory Products These respirators help protect against certain airborne contaminants. Before use, the wearer must read and understand the <i>User Instructions</i> provided as a part of the product packaging. A written respiratory protection program must be implemented meeting all the requirements of OSHA 1910.134 including, but not limited to, 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 correct use, see Supervisor, <i>User Instructions</i> or call 3M PSD Technical Service in the USA at 800-243-4630. In Canada, call Technical Service at 800-267-4414.

¹rd.com/health/beauty/13-things-you-didnt-know-about-mustaches/

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