

# The Importance of Fit.

Respiratory protection is only effective if it is correctly selected, fitted and worn throughout the time when the wearer is exposed to respiratory contaminants. Disposable 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.

**These fitting instructions must be followed each time a 3M 1860/1860S respirator is worn.**

*3M™ Health Care Particulate Respirator and Surgical Mask*



1. Cup the respirator in your hand with the nosepiece at fingertips, allowing the head straps to hang freely below hand.



2. Position the respirator under your chin with the nosepiece up.



3. While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head.



4. While continuing to hold the respirator firmly in place, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the respirator low on your nose.



5. Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.

**Note: Always use two hands when molding nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.**



6. The respirator must be checked before each use. To perform the fit check, place both hands completely over the respirator, being careful not to disturb the position, and exhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 5. If air leaks at respirator edges, adjust the straps back along the sides of your head. Perform fit check again if an adjustment is made. If you cannot achieve a proper fit, see your supervisor. Do not enter area requiring respirator use.

## Positive Pressure Fit Check

## Removal



1. Without touching the respirator, slowly lift the bottom strap from around your neck up and over your head.



2. Lift off the top strap. Do not touch the respirator.



3. Store or discard according to your facility's infection control policy.

## ⚠ Warning about Face Fit Check

- If air leaks around the nose, re-adjust the nose clip to eliminate leakage by repeating step 5. Repeat Face Fit Check.
- If air leaks at the respirator edges, work the straps back along the sides of your head to eliminate leakage. Repeat Face Fit Check.
- If you cannot achieve a proper fit, repeat steps 3-6.
- If you cannot achieve a proper fit, DO NOT enter the hazardous area. Consult your supervisor.

## ⚠ WARNING

### Respiratory Products

This respirator helps protect against certain particulate contaminants but does not eliminate exposure to or the risk of contracting any disease or infection. Misuse may result in sickness or death. For proper use, see supervisor, or User Instructions, or call 3M Personal Safety Division TechAssist Helpline on 1800 024 464 (Australia) or 0800 364 357 (NZ).