



# Helping You Wear it Right



1. Adjust head cradle, as needed, to fit comfortably on your head. Place the respirator over your mouth and nose, then pull the head harness over the crown of the head.



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



3. Pull the ends of the head cradle straps to adjust tightness.



4. Pull the ends of neck straps to adjust tightness. Neck strap tension may be decreased by pushing out on back side of buckles. Straps should feel secure but not over-tight.



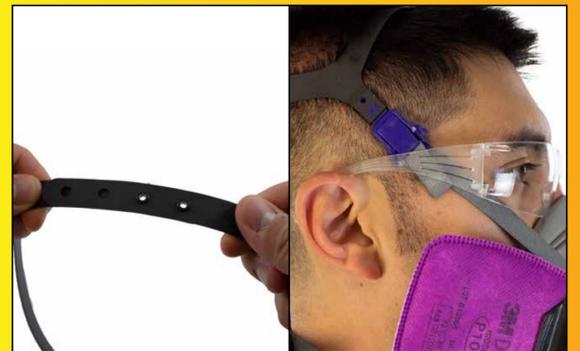
5. Head harness strap tension may be decreased by squeezing the buckle tabs on the harness. Straps should feel secure but not over-tight.

## Head Cradle Adjustments

Head cradle is designed for customization to hard hats and eyewear on different faces. Adjust head cradle to position blue buckle higher or lower, as indicated below.



Make the head cradle bigger by moving pin locks to a wider position. This should drop blue buckle lower to fall under eyewear bar.



Make the head cradle smaller by moving pin locks to a narrower position. This should pull up blue buckle higher to clear the eyewear bar.

## Perform a User Seal Check

(Can be Used with Particulate Filters or Cartridges)



**Positive Pressure Seal Check:**  
Cover the opening of the exhalation valve cover with your hand and exhale gently. If the facepiece bulges slightly and no air leaks are detected between your face and facepiece, a proper seal has been obtained.



**Negative Pressure Seal Check:**  
Lightly press the seal check button until you feel resistance. Hold the button in this position and inhale gently. If you feel the facepiece collapse slightly and pull closer to your face with no leaks between the face and facepiece, a proper seal has been obtained.



If faceseal air leakage is detected, reposition respirator on your face and/or readjust tension of the straps to eliminate air leakage. Repeat the user seal check until a proper seal is obtained.



### WARNING

These respirators help protect against 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 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 correct use, see supervisor and User Instructions, or call 3M PSD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.