

Donning a 3M™ N95 Cup-Style Filtering Facepiece Respirator



Step 1: Place respirator over nose and mouth with the metal nose clip on top. For model 8210, pre-stretch straps before wearing.



Step 2: Pull top strap over your head until it rests on the crown of your head above your ears.



Step 3: Pull bottom strap over head until it rests just below ears.



Step 4: Using both hands starting at the top, mold metal nose clip around your nose to achieve a secure seal. Check seal each time you use a respirator.

NOTE: Wearer must be clean shaven, and no hair, scarves, or jewelry can come between the respirator and your face.

Performing a Seal Check

Non-valved respirators

Place both hands over respirator and exhale. Respirator should bulge slightly. If air leaks between your face and faceseal of respirator, adjust nose clip for a more secure seal. If you cannot get a secure seal, look for another respirator that fits you correctly.

Valved respirators

Place both hands over respirator and inhale sharply. Respirator should collapse slightly. If air leaks between your face and faceseal of respirator, adjust nose clip for a more secure seal. If you cannot get a secure seal, look for another respirator that fits you correctly.

Stay safe during wildfire season by:

- For wildfires, use respirators for smoke particles and ash only, and at a safe distance from active fire
- Visit [AirNow.gov](https://www.airnow.gov) to be aware of how wildfires are affecting air quality in your area
- 3M™ N95 respirators are not for firefighting and do not provide oxygen

For more information, visit [3M's wildfire resource page](#) or call Technical Service at 1 (800) 243-4630

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In the United States of America
Technical Service: 1 (800) 243-4630
Customer Service: 1 (800) 328-1667
[3M.com/workersafety](https://www.3m.com/workersafety)
In Canada
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Customer Service: 1 (800) 364-3577
[3M.ca/safety](https://www.3m.ca/safety)

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3M respirators are part of a system that helps reduce exposures to certain airborne contaminants. Before use, the wearer must read and understand applicable User Instructions. Follow all local regulations. In the U.S., a written respiratory protection program must be implemented meeting all the requirements of 29 CFR 1910.134, including training, fit testing and medical evaluation. In Canada, CSA standard Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. Misuse may result in injury, sickness or death. For correct use, consult supervisor and User Instructions, or call 3M Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.