

3M Filtering Facepiece Respirators – Tips for Use

Description

Whenever filtering facepiece respirators are used – such as those with N95, FFP2, or equivalent filtration performance – it's important to follow the model-specific user instructions for each particular respirator model. The following additional resources are available to help train and educate employees on how to correctly put on and use 3M filtering facepiece respirators.

The general steps for using filtering facepiece respirators are:

1. Put on the respirator, using both straps (pre-stretch straps for model 8210)
2. Use two fingers from each hand to form the noseclip firmly to your nose (do not use only one hand, and do not pinch; a pinched noseclip might leak)
3. Check the position in a mirror or ask a friend if you have put it on properly and adjust if necessary
4. Conduct a user seal check (fit check) according to the user instructions
5. If any leaks are detected, adjust the fit or, if you can't get a good seal, look for another respirator model that fits you better

If filtering facepiece respirators or surgical respirators are used during care for patients with a suspected or confirmed case of an infectious disease, the respirators should be carefully removed, touching only the straps and not the surface of the facepiece portion, and then appropriately discarded immediately after use, according to applicable waste disposal practices.

In many countries, employers are required to train workers when respirators are used at work. The videos, instruction sheets, and posters linked below can help users put respirators on properly and understand other aspects of use, and may be used as a training resource.

If you do not see your respirator model listed below, please perform these steps to find the relevant resources:

1. Select your country and language from the list.
2. Once your local 3M web page loads, enter your respirator model into the search bar on the upper right.

Videos for Reference

Filtering Facepiece Respirators

- [Tips for using 3M cup-style FFR](#)
- [Tips for using 3M cup-style FFR w/valve](#)
- [Tips for using 3M Aura three-panel flatfold FFR](#)
- [Tips for using 3M vertical flatfold filtering facepiece respirator](#)
- [Tips for using 3M VFlex horizontal flatfold FFR](#)

Surgical Respirators

- [Tips for using 3M cup-style surgical FFR](#)
- [Tips for using 3M Aura three-panel flatfold filtering facepiece surgical respirator](#)

Fitting Posters

- [Wear It Right: Putting on Your Respirator 3M Technical Bulletin for Cup Shaped Respirators](#)
- [Wear It Right: Putting on Your Respirator - 3M Technical Bulletin for Three Panel Respirators](#)
- [Wear It Right: Putting on Your Respirator - 3M Technical Bulletin for 3M™ VFlex™ Respirators](#)
- [Wear It Right - 3M Filtering Facepiece Respirator Fitting Instruction Poster for Cup Shaped Respirators](#)
- [Wear It Right - 3M Filtering Facepiece Respirator Poster for Flat Fold Respirators](#)
- [Wear It Right - 3M Filtering Facepiece Respirator Poster for Three Panel Respirators](#)

- [Wear It Right - 3M™ Aura™ Health Care Particulate Respirator and Surgical Mask 1870+](#)
- [Wear It Right - 3M™ Health Care Particulate Respirator and Surgical Masks, 1860/1860S](#)
- [Wear It Right - 3M™ VFlex™ Health Care Particulate Respirator and Surgical Mask 1804/1804S](#)

Occupational/Industrial User Resources

- [3M™ 8511/8211/07185 Particulate Respirator N95 User Instructions](#)
- [3M™ 8210+, 8210, 8110S N95 Particulate Respirator User Instructions](#)
- [3M™ 9210+ and 9211+ Particulate Respirator User Instructions](#)
- [3M™ 8516 Particulate Respirator User Instructions](#)
- [3M™ 8212 and 8512 Particulate Respirator User Instructions](#)
- [3M™ 8214 and 8514 Particulate Respirator User Instructions](#)
- [3M™ 1860 Health Care Particulate Respirator and Surgical Mask User Instructions](#)
- [3M™ VFlex™ Particulate Respirator 9105 and 9105S, N95 User Instructions](#)

NOTE: Non-occupational users (e.g. the general public) given the 1860 Health Care Particulate Respirator should be given donning instructions for the 8210+ Particulate Respirator.

General Use/DIY Resources

- [3M Particulate Respirator 8511 N95 - Homeowner/DIY User Instructions](#)
- [3M Particulate Respirator 8210Plus/ 8210/8110S N95 - Homeowner/DIY User Instructions](#)
- [3M Particulate Respirator 9210/9211 N95 - Homeowner/DIY User Instructions](#)



WARNING



Respirators help reduce exposures to certain airborne contaminants. Before use, the wearer must read and understand the User Instructions provided as a part of the product packaging. **Misuse may result in sickness or death.** For correct use, consult 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.

Personal Safety Division
3M Center, Building 235-2W-70
St. Paul, MN 55144-1000

3M PSD products are
occupational use only.

In United States of America
Technical Service: 1-800-243-4630
Customer Service: 1-800-328-1667
3M.com/workersafety
In Canada
Technical Service: 1-800-267-4414
Customer Service: 1-800-364-3577
3M.ca/Safety

© 3M 2020. All rights reserved.
3M and VFlex are trademarks of 3M Company and affiliates.
Used under license in Canada.
Please recycle.

