






# Wear It Right: Putting on Your Respirator

NOTE: This sheet supplements, but does not replace, User Instructions. Always read and follow User Instructions.



## 1. Prepare to Use Respirator\*

- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling.
- Inspect respirator for holes, tears or other damage to surface, straps, metal nose strip and nose foam. Get a new respirator if damaged.
- With model 8210, pre-stretch the straps before wearing.
- If you wear glasses, read steps 2 through 4, then remove glasses before putting on the respirator.

2. Place Respirator on Face		3. Adjust the Metal Nosepiece	4. Check Respirator-to-Face Seal	
				
Place respirator against your face, with the bottom under chin and metal nosepiece across bridge of nose.	Pull the top elastic band over your head and place at the top back of your head.	Next pull the bottom elastic band over your head and place around the neck below the ears.	Use both hands to bend the metal nosepiece to fit snugly against your nose and face. The respirator may not fit as well if you pinch the metal nosepiece using one hand. Use two hands. Slide fingers down both sides of metal nosepiece to seal it against your nose and face.	<p><b>For non-valved respirators:</b> Completely cover the outside of the respirator with both hands. Do not push the respirator against your face. With your hands in place on the surface of the respirator, exhale, or breathe out sharply. If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, repeat steps 2, 3 and 4. When respirator is a good fit, you will not feel any air blowing on your face or eyes. If you can't get a good fit, try a different model respirator. Return glasses to face, if applicable.</p> <p><b>For valved respirators:</b> Completely cover the outside of the respirator with both hands. Do not push the respirator against your face. With your hands in place on the surface of the respirator, inhale, or breathe in sharply. If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, repeat steps 2, 3 and 4. When respirator is a good fit, you will not feel any air blowing on your face or eyes. If you can't get a good fit, try a different model respirator. Return glasses to face, if applicable.</p>

**! WARNING**

Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the particles, the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of this respirator, refer to the User Instructions.

\*This document applies only to non-folding respirators. Consult instructions for folding respirators online at [3m.com/workersafety](http://3m.com/workersafety)

# IMPORTANT SAFETY INFORMATION

For 3M™ Filtering Facepiece Respirators Being Used by the General Public for Cleanup Activities from Natural Disasters. (Keep this bulletin for future reference.)

## WARNING



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## IMPORTANT

If you have pre-existing lung disease such as asthma or emphysema, underlying heart disease such as heart failure or other health conditions, you may have difficulty breathing through some respirators and should consult your healthcare provider (doctor) before use.

Standards regulating respirator training for the general public have not been established. For your respirator to help reduce the number of particles you breathe, you must read and follow this bulletin.

### Considerations for Use

3M™ Particulate Filtering Facepiece Respirators N95 are intended to cover the nose and mouth of the wearer to help reduce wearer exposure to airborne particles.

#### 1. Select the Right Respirator

- 3M respirators are adult size respirators. To determine if the respirator fits you, follow the fitting instructions included with the respirator. Always check your fit when you wear it.
- 3M respirators are certified by the National Institute for Occupational Safety and Health (NIOSH). For more information on NIOSH certification see the NIOSH approval label included in the packaging.

#### 2. When to Wear Your Respirator

- To be most effective, the respirator must be worn whenever you are exposed to the particles to which you wish to reduce your exposure.

#### 3. Use it Correctly

- Although respirators can help reduce the number of particles you breathe, they will not eliminate the risk of symptoms or sickness.
- Do not alter, abuse or use this respirator other than as stated.

#### 4. Prepare Yourself

- Practice putting on the respirator before you enter the contaminated area.
- Anything that comes between the respirator and your face will make the respirator less effective by interfering with its fit.
- Men should shave every day that they may use the respirator. Hair, jewelry and clothing should not be between your face and the respirator.
- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling the respirator.

#### 5. Inspect Your Respirator

- Inspect respirator for holes, tears or other damage to surfaces, straps, metal nose strip and nose foam. If your respirator has been damaged – DO NOT USE IT. Get a new one.

#### 6. How to Wear

- Follow the fitting instructions included with the respirator. Fitting instructions are also available on 3M's website [www.3M.com/workersafety](http://www.3M.com/workersafety).

#### 7. When to Replace

- Go to a clean, safe area, and replace your respirator if it is damaged, or if it becomes harder to breathe through.
- You should never wash, disinfect, reuse or share your respirator with others.

#### 8. Do Not Use

- Do not use filtering facepiece particulate respirators for gases and vapors, areas with low oxygen levels, asbestos, lead, large areas of mold and other hazardous substances. Hire a contractor and/or contact your local health authority.

For additional information see [www.3M.com/workersafety](http://www.3M.com/workersafety).