

## **User Instructions**

# 8210, 8110S, 8210Plus N95 Particulate Respirator



3M™ Particulate Respirator 8210, N95



3M™ Particulate Respirator 8110S, N95



3M™ Particulate Respirator 8210Plus, N95

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# General Use: 3M™ 8210, 8110S, and 8210Plus N95 Particulate Respirator User Instructions

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#### IMPORTANT SAFETY INFORMATION

Before use, wearer must read and understand these User Instructions. Keep these instructions for reference.



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 the respirator and/or do not wear the respirator during all times of exposure to the airborne 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 a respirator, consult the supervisor and *User Instructions*, or call 3M in the U.S.A. at 1-800-247-3941.



Read and follow all applicable guidance from relevant health authorities, such as from the U.S. Centers for Disease Control and Prevention (CDC) and your local health authority.

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

Standards regulating respirator training and use 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 the *User Instructions*.

#### Considerations for Use

3M™ Particulate Filtering Facepiece Respirators 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 intended and designed for adults. To determine if the respirator fits you, follow the fitting instructions included with or specific to the respirator. Always check your fit when you wear it.
- 3M N95 respirators are certified by the U.S. 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 (when properly selected and worn), 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 the 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 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/myN95.

#### 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, put in an oven or other home appliance, or share your respirator with others.

#### 8. Storage

• Until they are needed for use, N95s should be stored indoors, in their original packaging when possible and in a space where they can't become crushed or distorted. Store at temperatures between -4°F and 86°F and <80% relatively humidity. If a respirator will be stored between multiple uses, it should be stored similarly to a new N95s, and placed in a clean, breathable bag.

#### 9. Do Not Use

• Do not use filtering facepiece particulate respirators to help reduce exposure to gases and vapors, asbestos, lead, large areas of mold, and other hazardous substances, or in areas with low oxygen levels (respirator does not supply oxygen). Hire a contractor and/or contact your local health authority.

For additional Information see www.3M.com/myN95 or call 3M at 1-800-247-3941. For use information in a DIY project, consult the Do-It-Yourself/Homeowner *User Instructions*. For workplace use, review the occupational *user instructions* in this document.



# Wear It Right: **Putting on Your Respirator**



## 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

Place respirator against your face, with the bottom under chin and metal nose strip across bridge of nose.

Pull the top elastic band over your head and position it high on the back of your head.

Next pull the bottom elastic band over your head and place around the neck below the ears.

# 3. Adjust the Metal Nose Strip

Use both hands to bend the metal nose strip to fit snugly against your nose and face. The respirator may not fit as well if you pinch the metal nose strip using one hand. Use two hands. Slide fingers down both sides of metal nose strip to seal it against your nose and face.

# 4. Check the Respirator-to-Face Seal

Remember: Putting the respirator on correctly means more of the air you breathe goes through the respirator filter.

For non-valved respirators: 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.

For valved respirators: 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.















## !\ 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. For proper use of this respirator, see the User Instructions inside the package or call 3M at 1-800-247-3941.

## Occupational/Workplace Use: 3M™ 8210, 8110S, 8210Plus N95 User Instructions

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#### /!\ WARNING

This respirator helps protect against certain particles. Misuse may result in sickness or death. For correct use, consult supervisor and these User Instructions, or call 3M in U.S.A., 1-800-247-3941. In Canada, call Technical Service at 1-800-267-4414. In Mexico, call 01-800-712-0646.

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#### **IMPORTANT**

Before use, wearer must read and understand these User Instructions. Keep these instructions for reference.

#### Use For

Particles such as those from grinding, sanding, sweeping, sawing, bagging, or processing minerals, coal, iron ore, flour, metal, wood, pollen, and certain other substances. Liquid or non-oil based particles from sprays that do not also emit oil aerosols or vapors. Follow all applicable local regulations. For additional information on 3M use recommendations for this class of respirator please consult the 3M Respirator Selection Guide found on the Personal Safety web site at www.3M.com/respiratorselector or call 1-800-243-4630 in U.S.A. In Canada, call 1-800 267-4414.

## Do Not Use For

Do not use for gases and vapors, oil aerosols, asbestos, or sandblasting; particulate concentrations that exceed either 10 times the occupational exposure limit or applicable government regulations, whichever is lower. In the United States, do not use when the U.S. Occupational Safety and Health Administration (OSHA) substance specific standards, such as those for arsenic, cadmium, lead in the construction industry, or 4,4'-methylene dianiline (MDA), specify other types of respiratory protection. This respirator does not supply oxygen.

### **Biological Particles**

This respirator can help reduce inhalation exposures to certain airborne biological particles (e.g. mold, Bacillus anthracis, Mycobacterium tuberculosis, etc.) but cannot eliminate the risk of contracting infection, illness or disease. OSHA and other government agencies have not established safe exposure limits for these contaminants.

#### Use Instructions

- 1) Failure to follow all instructions and limitations on the use of this respirator and/or failure to wear this respirator during all times of exposure can reduce respirator effectiveness and **may result in sickness or death.**
- 2) In the U.S., before occupational use of this respirator, a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134, such as training, fit testing, medical evaluation, and applicable OSHA substance specific standards. In Canada, CSA standard Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. Follow all applicable local regulations.
- 3) The particles which can be dangerous to your health include those so small that you cannot see them.
- 4) Leave the contaminated area immediately and contact supervisor if dizziness, irritation, or other distress occurs.
- 5) Store the respirator away from contaminated areas when not in use.
- 6) Inspect respirator before each use to ensure that it is in good operating condition. Examine all the respirator parts for signs of damage including the two headbands, attachment points, nose foam, and noseclip. The respirator should be disposed of immediately upon observation of damaged or missing parts. Filtering facepieces are to be inspected prior to each use to assure there are no holes in the breathing zone other than the punctures around staples and no damage has occurred. Enlarged holes resulting from ripped or torn filter material around staple punctures are considered damage. Immediately replace respirator if damaged. Staple perforations do not affect NIOSH approval (For 8110S only).
- 7) Conduct a user seal check before each use as specified in the Fitting Instructions section. **If you cannot achieve a proper seal, do not use the respirator.**
- 8) Dispose of used product in accordance with applicable regulations.

#### **Use Limitations**

- 1) This respirator does not supply oxygen. Do not use in atmospheres containing less than 19.5% oxygen.
- 2) Do not use when concentrations of contaminants are immediately dangerous to life and health, are unknown or when concentrations exceed 10 times the permissible exposure limit (PEL) or according to specific OSHA standards or applicable government regulations, whichever is lower.
- 3) Do not alter, wash, abuse or misuse this respirator.
- 4) Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the sealing surface of the respirator.
- 5) Respirators can help protect your lungs against certain airborne contaminants. They will not prevent entry through other routes such as the skin, which would require additional personal protective equipment (PPE).
- 6) This respirator is designed for occupational/professional use by adults who are properly trained in its use and limitations. This respirator is not designed to be used by children.
- 7) Individuals with a compromised respiratory system, such as asthma or emphysema, should consult a physician and must complete a medical evaluation prior to use.
- 8) When stored in accordance with temperature and humidity conditions specified below, the product may be used until the "use by" date specified on the packaging.

## Storage Conditions and Shelf Life

Before use, store respirators in the original packaging away from contaminated areas, dust, sunlight, extreme temperatures, excessive moisture and damaging chemicals. When stored in accordance with temperature and humidity conditions specified below, the product may be used until the "use by" date specified on packaging. Always inspect product and conduct a user seal check before use as specified in the *User Instructions*. **If you cannot achieve a proper seal, do not use the respirator.** 

End of Shelf Life Use respirators before the "use by" date specified on packaging	$\sum$
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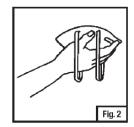
+86°F	Storage Temperature Range
+30°C	-20°C (-4°F) to +30°C (+86°F)
< 80%	Storage Maximum Relative Humidity <80% RH

#### Time Use Limitation

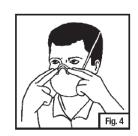
If respirator becomes damaged, soiled or breathing becomes difficult, leave the contaminated area immediately and replace the respirator.

## Fitting Instructions











#### Must be followed each time respirator is worn.

- 1) Prestretch top and bottom straps before placing respirator on the face (8210/8210MX only) (Fig. 1).
- 2) Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand (Fig. 2).
- 3) Position the respirator under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears (Fig. 3).
- 4) Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece (Fig. 4). **NOTE:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.
- 5) Perform a User Seal Check prior to each wearing. To check the respirator-to-face seal, place both hands completely over the respirator and exhale sharply. Be careful not to disturb the position of the respirator. If air leaks around nose, readjust the nosepiece as described in step 4. If air leaks at the respirator edges, work the straps back along the sides of your head (Fig. 5). If you CANNOT achieve a proper seal, DO NOT enter the contaminated area. See your supervisor.

#### Removal Instructions

See step 3 of *Fitting Instructions* and cup respirator in hand to maintain position on face. Pull bottom strap over head. Still holding respirator in position, pull top strap over head and remove respirator.

#### NIOSH Approved: N95

At least 95% filtration efficiency against solid and liquid aerosols that do not contain oil.



#### 3M St. Paul, Minnesota, USA 1-800-243-4630 8210 Series Respirators



#### THESE RESPIRATORS ARE APPROVED ONLY IN THE FOLLOWING CONFIGURATIONS:

		RESPIRATOR COMPONENTS						
		F	ILTERIN	G FACE	PIECE			
TC-	PROTECTION1	8210	8210 PLUS	8110S	7048	8210MX	8210 PLUS MX	CAUTIONS AND LIMITATIONS <sup>2</sup>
84A-0007	N95	Х	Х	Х	Х			ABCJMNOP
84A-7762	N95					Х		ABCJMNOP
84A-7835	N95						Х	ABCJMNOP

#### 1. PROTECTION

N95 - Particulate Filter (95% filter efficiency level) effective against particulate aerosols free of oil; time use restrictions may apply.

#### 2. CAUTIONS AND LIMITATIONS

- A Not for use in atmospheres containing less than 19.5 percent oxygen.
- B Not for use in atmospheres immediately dangerous to life or health.
- C Do not exceed maximum use concentrations established by regulatory standards.
- J Failure to properly use and maintain this product could result in injury or death.
- M All approved respirators shall be selected, fitted, used and maintained in accordance with MSHA, OSHA and other applicable regulations.
- N never substitute, modify, add, or omit parts. Use only exact replacement parts in the configuration as specified by the manufacturer.
- O Refer to User's Instructions, and / or maintenance manuals for information on use and maintenance of these respirators.
- P NIOSH does not evaluate respirators for use as surgical masks.

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#### Contact

#### FOR MORE INFORMATION

### In United States, contact:

Website: www.3m.com/workersafety Technical Assistance: 1-800-243-4630

For other 3M products:

1-800-3M-HELPS or 1-651-737-6501

#### **3M PERSONAL SAFETY DIVISION**

3M CENTER, BUILDING 0235-02-W-70

ST. PAUL, MN 55144-1000

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