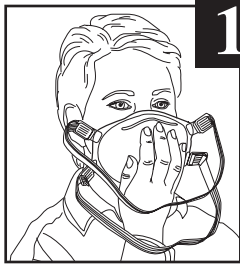


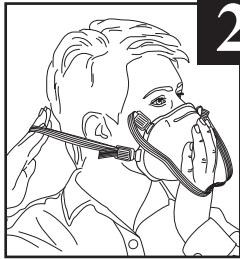
# Fitting Instructions for 3M™ Adjustable Strap Valved Filtering Facepiece Respirators

Issue Date 01/01/04

## Wearing your adjustable strap valved filtering facepiece respirator



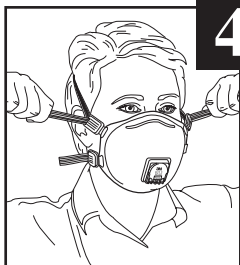
**1** Place the respirator over your nose and mouth. Be sure the metal nose clip is on top.



**2** Pull the bottom strap over your head until it rests below the ears at the back of your neck. Untwist the strap.



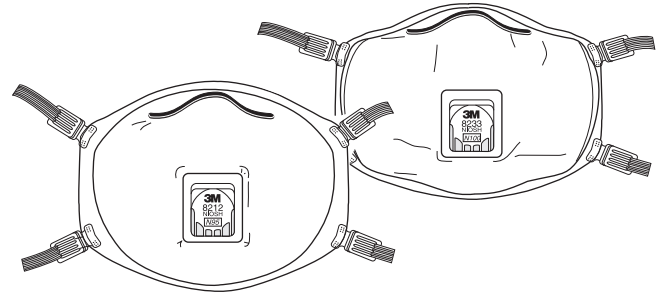
**3** Pull the top strap over your head until it rests on the crown of your head above your ears. Untwist the strap.



**4** Without removing the respirator, adjust the straps until the respirator is secure. To tighten the respirator, gently pull the ends of both straps. To loosen the respirator, press on the back side of the buckle.



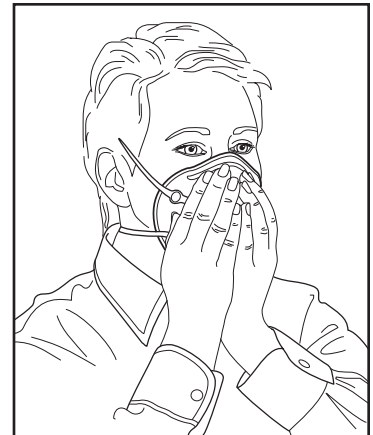
**5** Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal. **Note:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.



Adjustable strap, valved filtering facepiece respirators

## Check the seal of your adjustable strap valved filtering facepiece respirator each time you don the respirator.

Place both hands over the respirator and *inhale* sharply. The respirator should collapse slightly. If air leaks between the face and face seal of the respirator, reposition it and adjust the nose clip for a more secure seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.





**⚠ WARNING**

These respirators help reduce exposure to certain particles. **Misuse may result in sickness or death.** Before use, the wearer must read and understand **User Instructions** provided as a part of product packaging. Time use limitations may apply. For proper use, see package instructions, supervisor or call 3M OH&ESD Technical Service in U.S.A., 1-800-243-4630. In Canada, call 1-800-267-4414.

**Important**

Before using these respirators, you must determine the following:

1. The type of contaminant(s) for which the respirator is being selected.
2. The concentration level of contaminant(s).
3. Whether the respirator can be properly fitted on the wearer's face. Do not use with beards, on other facial hair, or other conditions that prevent a good seal between the face and the faceseal of the respirator.
4. Before use of these respirators, a written respiratory protection program must be implemented, meeting all the requirements of OSHA 29 CFR 1910.134, including training, medical evaluation and fit testing.

**For more information, please contact:**

**3M Occupational Health and Environmental Safety Division (OH&ESD)**

**In the U.S., contact:**

**Sales Assistance**  
1-800-896-4223

**Technical Assistance**  
1-800-243-4630

**Fax On Demand**  
1-800-646-1655

**Internet**  
<http://www.3M.com/occsafety>

**For other 3M products**  
1-800-3M HELPS

**In Canada, contact:**

3M Canada Company, OH&ESD  
P.O. Box 5757  
London, Ontario N6A 4T1

**Sales Assistance**  
1-800-265-1840, ext. 6137

**Technical Assistance (Canada only)**  
1-800-267-4414

**Fax On Demand**  
1-800-646-1655

**Internet**  
<http://www.3M.com/CA/occsafety>

**Technical Assistance In Mexico**  
01-800-712-0646  
5270-2255, 5270-2119 (Mexico City only)

**Technical Assistance In Brazil**  
0800-132333

**Fax On Demand O.U.S. Locations**  
1-651-732-6530



**General Offices**

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St. Paul, MN 55144-1000