Wearing your filtering facepiece respirator

1. Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With model 8210, pre-stretch the straps before wearing.

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

3. Pull the bottom strap over your head until it rests just below your ears.

4. 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.

Check the seal of your filtering facepiece respirator each time you don the respirator.

For non-valved respirators

1a. Place both hands completely over the respirator and exhale. The respirator should bulge slightly. If air leaks between the face and face seal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.

For valved respirators

1b. 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 readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.
**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.

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**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.

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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