

# Wear it Right

## Wearing Your Respirator

1



Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210 or 07048, 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.



Filtering Facepiece  
Non-Valved Respirator



Filtering Facepiece  
Valved Respirator

5

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



### Non-Valved Filtering Facepiece Respirator

Place both hands completely over the respirator. Be careful not to disturb the position of the respirator. Inhale and exhale sharply. If air leaks around nose, readjust the nosepiece. If air leaks at the respirator edges, work the straps back along the sides of your head. **If you CANNOT achieve a proper seal, DO NOT enter the contaminated area. See your supervisor.**



### Valved Filtering Facepiece Respirator

Place both hands over the respirator and inhale sharply. Be careful not to disturb the respirator. If air leaks around nose, readjust the nosepiece. If air leaks at the respirator edges, work the straps back along the sides of your head. **If you CANNOT achieve a proper seal, DO NOT enter the contaminated area. See your supervisor.**



### WARNING

Respirators help protect against certain airborne contaminants. Before use, the wearer must read and understand the *User Instructions* provided as a part of the product packaging. Follow all local regulations. In the U.S., a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134 including training, fit testing and medical evaluation. In Canada, CSA standards Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. **Misuse may result in sickness or death.** For correct use, consult supervisor and *User Instructions*, or call 3M Personal Safety Division (PSD) Technical Service in the U.S.A. at 1-800-243-4630. In Canada, call 1-800-267-4414.