**Standard EN 149:2001**

This respirator should not be used in oxygen deficient environments, for escape purposes or by people with beards/facial hair or in atmospheres where concentrations of contaminant may exceed that deemed Immediately Dangerous to Life and Health (IDLH).

---

**Fitting Instructions**

**3M™ 8000 Series Classic Respirators**

<table>
<thead>
<tr>
<th>Respirator</th>
<th>Type</th>
<th>APF</th>
<th>VALVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8710</td>
<td>FFP1</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>8810</td>
<td>FFP2</td>
<td>10</td>
<td>✓</td>
</tr>
<tr>
<td>8812</td>
<td>FFP1</td>
<td>4</td>
<td>✓</td>
</tr>
<tr>
<td>8822</td>
<td>FFP2</td>
<td>10</td>
<td>✓</td>
</tr>
</tbody>
</table>

1. **Fit Check Procedure**

   **For Valved Respirators:**
   a) Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator.
   b) Inhale sharply. A negative pressure should be felt inside the respirator. If air leaks around the nose, readjust the noseclip as described in step 4 to eliminate leakage. Repeat the above fit check. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Retest the seal. Repeat the procedure until the respirator fits properly.

   **For Unvalved Respirators:**
   a) Exhale sharply. A positive pressure should be felt inside the respirator. If air leaks around the nose, readjust the noseclip as described in step 4 to eliminate leakage. Repeat the above fit check. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Retest the seal. Repeat the procedure until the respirator fits properly.

2. Position the respirator under your chin with the nosepiece up.
3. 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. Make sure that the straps are not twisted.
4. Place the fingertips of both hands at the top of the metal nosepiece. Mould the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. Pinching the nosepiece using one hand may result in less effective respirator performance.
5. The seal of the respirator on the face should be fit checked prior to wearing in the work area.

---

**Fit Testing:** The 3M 8000 Series Respirator is a tight fitting facepiece and therefore wearers require a fit test as per the COSHH regulations 2002. For qualitative testing - 3M™ FT10 and FT30 Fit Test Kits are available.