

The Importance of Fit

Disposable respirators are only most effective when there is a good seal between the edges of the respirator and your face. The instant this seal is broken, protection is compromised as contaminated air can leak in through any gaps.

These fitting instructions must be followed each time a 3M™ Aura™ particulate respirator is worn.

Make sure that your face is clean shaven. Respirators should not be worn with stubble, beards or other facial hair under the area of the face seal as these can prevent a good seal to the face.

Make sure that long hair is tied back and jewellery is removed so that it does not interfere with the seal to the face.

Noseclip should be moulded around nose and cheeks to give a good seal

Make sure the panels are fully unfolded

Respirator should be correctly positioned on your face and head

Upper strap should be positioned on the crown of the head. Strap should not be twisted.

Lower strap should be positioned below the ears. Strap should not be twisted.



1. With the reverse side up and using the tab, separate the top and bottom panels of the respirator to form a cup shape. Bend slightly at the centre of the noseclip.
2. Ensure that both panels are fully unfolded.



- 3a. Cup the respirator in one hand with the open side towards your face.



- 3b. Take both straps in your other hand. Hold the respirator under your chin, with the nosepiece facing upwards and pull the straps over your head.



4. Locate the upper strap across the crown of the head and the lower strap below your ears. The straps must not be twisted. Adjust the top and bottom panels for a comfortable fit, ensuring that the panels and tab are not folded in.



5. Using both hands, mould the noseclip to the shape of the nose to ensure a close fit and a good seal.

▲ **The respirator may not fit as well if you pinch the noseclip using one hand. Use two hands.**



6. Perform a fit-check by covering the front of the respirator with both hands taking care not to disturb its fit.

If you're using an unvalved respirator, exhale sharply.
If you're using a valved respirator, inhale sharply.

If air leaks around the nose, readjust the noseclip to eliminate leakage then repeat the fit check. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage then repeat the fit check.

If you cannot achieve a proper fit, DO NOT enter the hazardous area. Consult your supervisor.



Scan this QR code with your smartphone to be directed to further information on 3M™ Aura™ Health Care Particulate Respirators.

For more information, contact 3M - www.3M.eu/Aura1800+

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