

# Helping You Wear it Right

Wearing Your 3M™ Ultimate FX Full Facepiece Reusable Respirator FF-400 Series



Always read and follow User Instructions.

1



Fully loosen all six head straps. Hold the front of the facepiece with one hand and the straps/comfort cradle away from the facepiece with the other hand, creating an opening for the head. Pull the respirator assembly down over the head. Place the nose in the nose cup and chin in the chin cup area then press the facepiece firmly and evenly against the face.

2



While holding the facepiece in place, pull the straps over your head.

Repeat steps 3 & 4 twice, once to position and second to secure the facepiece seal.

3



Tighten the two bottom straps.

4



Tighten the two middle straps, then the two top straps. Make sure the back of the harness is centered on the back of the head.

## Perform a User Seal Check

Before assigning any respirator to be worn in a contaminated area, a qualitative or quantitative fit test must be performed per U.S. OSHA standard 29CFR 1910.134 or local requirements.

### Positive Pressure User Seal Check



Remove the exhalation valve cover. Place the palm of your hand over the exhalation valve and exhale gently. If the facepiece bulges slightly and no air leaks are detected between the face and the facepiece, a proper seal check has been obtained. If face seal air leakage is detected, reposition the respirator on your face and/or readjust the tension of the straps to eliminate leakage and recheck seal. Replace exhalation valve cover.

### Negative Pressure User Seal Check



#### Using Cartridges

Place the palms of your hands over the cartridges and inhale gently. The facepiece should collapse slightly. If air leaks between the face and the face seal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



#### Using Hard Case Particulate Filters

Squeeze filter covers with hands toward facepiece to restrict airflow. Be careful not to disturb the position of the respirator. Inhale gently. The facepiece should collapse slightly. If air leaks between the face and the face seal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



#### ⚠ WARNING

These 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. A written respiratory protection program must be implemented meeting all the requirements of OSHA 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. **Improper use may result in sickness or death.** For correct use, see supervisor and User Instructions, or call 3M PSD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.