

## 3M™ Half Face Respirator 4000 Series

# The Importance of Fit

Respiratory Protection is only effective if it is correctly selected, fitted and worn throughout the time when the wearer is exposed to respiratory contaminants.

Before assigning any respirator to be worn in a contaminated area, it is recommended to perform a face fit check before entering the workplace.

These fitting instructions must be followed each time the respirator is worn.



### Be Clean Shaven:

Do not use with beards or other facial hair that prevent a good seal between the face and the face seal of the respirator.



1. Feed the perforated strips through the buckles. Place the respirator over the face. Pull the head harness over the crown of the head.



2. Hook the bottom straps together behind your neck.



3. Tighten the top and bottom straps to create a secure fit. Do not over-tighten. Strap tension may be decreased by pushing out on back side of buckles.



### Positive Pressure Face Fit Check

4. Place the palm of your hand over the exhalation valve cover and exhale gently. If the facepiece bulges slightly and no air leaks are detected between the face and the facepiece, a proper seal has been obtained.

If air leaks between the face and the face seal of the respirator, reposition it and adjust the straps for a tighter seal. Repeat step 3. If you cannot achieve a proper fit, DO NOT enter the hazardous area. Consult your supervisor.



Australia

[www.3m.com/au/ppesafety](http://www.3m.com/au/ppesafety)



New Zealand

[www.3m.com/nz/ppesafety](http://www.3m.com/nz/ppesafety)

Please recycle. © 3M 2014. All rights reserved.  
3M is a trademark of 3M Company. PSSSP0HE0001597

