

3M™ Flat Fold Particulate Respirators 9300 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. Disposable respirators are only 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 9300 Series respirator is worn.



Be clean shaven. Do not wear with beards or other facial hair that prevent a good seal to the face.

Do tie back long hair and remove jewellery so that it does not interfere with the seal to the face.



1a. With reverse side up separate top and bottom panels of the respirator. Bend slightly at the centre of the nose clip.



1b. Ensure both panels are fully unfolded to form a cup shape.



3a. With both straps held on the top panel, place opened respirator in one hand and against your face, with the nosepiece across the bridge of your nose.



3b. Take both straps in your other hand. Hold the respirator under your chin. Pull both straps over your head.



4. Pull the top strap resting it high over the crown of your head. Pull the bottom strap over your head then position it around your neck and below your ears. Straps must not be twisted. Adjust top and bottom panels for a comfortable fit, ensuring panels are not folded in.



5. Using both hands, mould nose clip to the shape of the nose bridge by pushing inwards while moving your fingertips down both sides of the nosepiece.

⚠ Pinching the nose clip using one hand may result in a less effective respirator performance. Use two hands.



Face Fit Check – every time before entering the hazardous area.

6. Cover front of the respirator with both hands taking care not to disturb its fit. When using an unvalved respirator, **exhale** sharply. If the respirator bulges slightly and no air leaks are detected between the face and the respirator, a proper seal has been obtained. Then work may proceed. When using a valved respirator, **inhale** sharply. The respirator should collapse slightly indicating a proper seal has been obtained. Then work may proceed. Also follow “Warning about Face Fit Check” guideline below.



The respirator is correctly worn as shown here.

⚠ Warning about Face Fit Check

If air leaks around the nose, re-adjust the nose clip to eliminate leakage by repeating step 5. Repeat **Face Fit Check**.

If air leaks at the respirator edges, work the straps back along the sides of your head to eliminate leakage. Repeat **Face Fit Check**.

If you cannot achieve a proper fit, repeat steps 3a-6.

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

View ‘The Importance of Fit’ video:



Australia



New Zealand

For more information:

Australia: www.3m.com/au/ppesafety or 1800 024 464

New Zealand: www.3m.com/nz/ppesafety or 0800 364 357

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