



## 3M™ VFlex™ Particulate Respirators 9102A, 9102AS, 9105A and 9105AS

# 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.

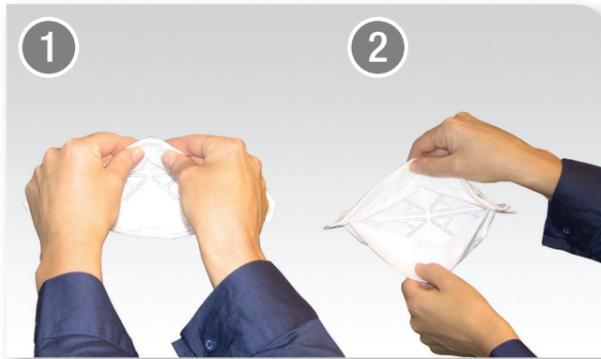


These fitting instructions must be followed each time a 3M™ VFlex™ respirator is worn.



**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.



1. Using both hands, place fingers on top panel and thumbs on underside of nosepiece. Bend slightly downwards at centre of nosepiece.
2. With both straps held on the top panel with nosepiece up, and bottom panel down so the respirator is fully unfolded to form a cup shape.



3. Using one hand, place opened respirator against your face with the bottom panel marked "Chin side only" under your chin and the top panel with nosepiece across the bridge of your nose. With your other hand pull the bottom panel securely under your chin.



- 4a. Pull the top strap resting it high over the crown of your head.



- 4b. Pull the bottom strap over your head then position it around your neck and below your ears. Straps must not be twisted.



- 4c. Ensure respirator is completely opened on your face and its edges lay flat against your skin. Use the side tabs of respirator to further adjust facepiece for a comfortable fit. Pull bottom edge of respirator under the chin while holding top edge on the nose.



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.

**Warning:** 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. 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 3-6.

**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](http://www.3m.com/au/ppesafety) or 1800 024 464

New Zealand: [www.3m.com/nz/ppesafety](http://www.3m.com/nz/ppesafety) or 0800 364 357

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