

Wear It Right

Wearing your filtering facepiece respirator



1 Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210 or 07048, pre-stretch the straps before wearing.



Filtering facepiece non-valved respirator

Filtering facepiece valved respirator



2 Pull the top strap over your head until it rests on the crown of your head above your ears.



3 Pull the bottom strap over your head until it rests just below your ears.



4 Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal.

Check the seal of your filtering facepiece respirator each time you don the respirator.

Positive Pressure User Seal Check

1 For non-valved respirators Place both hands completely over the respirator and *exhale*. The respirator should bulge slightly. If air leaks between the face and face seal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



Negative Pressure User Seal Check

2 For valved respirators Place both hands over the respirator and *inhale* sharply. The respirator should collapse slightly. If air leaks between the face and face seal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



General Offices
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WARNING:

- ▲ Breathing certain dusts, mists, fumes, gases or vapors can cause sickness or death.
- ▲ This respirator can help protect you when worn during all times of exposure.
- ▲ If you cannot achieve a proper fit, do not enter the contaminated area. See your supervisor.
- ▲ See your supervisor with questions regarding which respirator to wear and its proper use, or call 3M: 1-800-243-4630 Internet: www.3m.com/occsafety E-mail: occsafety@mmm.com (In Canada, call 3M: 1-800-267-4414, E-mail: ohes@ca.mmm.com).
- ▲ OSHA standard 1910.134 and the CSA standard Z94.4-93 requires that the wearer be fit tested.
- ▲ Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the face seal of the respirator.

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