

Helping You Wear it Right

Wearing your adjustable strap valved filtering facepiece respirator

1



Place the respirator over your nose and mouth. Be sure the metal noseclip is on top.

2



Pull the bottom strap over your head until it rests below the ears at the back of your neck.

3



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

4



Without removing the respirator, adjust the straps until the respirator is secure. To tighten the respirator, gently pull the ends of both straps. To loosen the respirator, press on the back side of the buckle.

5



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



Adjustable strap valved
filtering facepiece respirators

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



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



WARNING

These respirators help reduce exposures to certain airborne particulates. 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. **Misuse may result in sickness or death.** For proper use, see package instructions, supervisor, or call 3M OH&ESD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.