

# Helping You 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.

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.



Filtering Facepiece  
Valved Respirator

Filtering Facepiece  
Non-Valved Respirator

## Check the Seal of Your Filtering Facepiece Respirator Each Time You Don the Respirator.



### Positive Pressure User Seal Check

*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 faceseal 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

*For Valved Respirators*

Place both hands over the respirator and *inhale* sharply. The respirator should collapse slightly. If air leaks between the face and faceseal 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.



### WARNING

#### Respiratory Products

These respirators help protect against certain airborne contaminants. 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 packaging instructions, supervisor, or call 3M OH&ESD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.