FITTING INSTRUCTIONS:

1. **Step 1**
   Hold respirator in your hand as shown, with the nosepiece at your fingertips and the headbands hanging freely below your hand.

2. **Step 2**
   Place respirator under your chin with the nosepiece up. Pull the top headband to top back of head.

3. **Step 3**
   Pull the bottom headband overhead and place around neck below ears.

4. **Step 4**
   Adjust headbands for comfortable fit. Push the nosepiece inward with your fingertips to conform to the shape of your nose.

5. **Step 5**
   Cup both hands over the mask, checking for tightness. Inhale sharply, negative pressure should be felt in the mask. Re-adjust as necessary.

Caution:
The respirator should be fit checked for each wearing. Place both hands completely over the respirator and exhale. If air leaks around nose of the edges, adjust the nosepiece and/or headbands until a good fit is achieved.