**Instructions for fitting**

1. **Prepare to use respirator**
   - Check the respirator for holes, tears or other damage to surfaces, straps, and nose foam to ensure that your respirator works well.
   - Replace with a new respirator if damaged.
   - Place the mask within hand, the nosepiece pointing at your finger tip and the headbands hanging downward.
   - If you wear glasses, read steps 2 through 4 then remove your glasses before putting on the respirator.

2. **Place respirator on face**
   - Place the respirator against your face, with the bottom under your chin and nosepiece pressing bridge of your nose.
   - Pull the top elastic band over your head and place high at the top back of your head.
   - Next, pull the bottom elastic band over your head and place around the neck below your chin.

3. **Adjust the headband**
   - Adjust the headband for a proper and comfortable tension. Pull the headband at either side of buckle for tighter fit; push out the buckle for looser fit.

4. **Adjust the nosepiece**
   - Use both hands to bend the nosepiece to fit snugly against your nose and face. The respirator may not fit as well if you adjust the nosepiece using one hand. Use two hands.
   - Slide fingers down both sides of nosepiece to test it against your nose and face.

5. **Check the face seal**
   - Completely cover the middle panel of the respirator with one or both hands.
   - Do not push the respirator against your face.
   - With your hands in place on the surface of the respirator, exhale, or breathe out sharply.
   - If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, stretch the headbands again by pulling them back. Then correct the position of the respirator and check the face seal again.
   - When the respirator is a good fit, you will not feel any air blowing on your face or eyes.
   - Return eyewear to face, if applicable.

**Warning**

This section contains critical information for the safe and effective use of the respirator.

1. Do not use this mask as protection against toxic particles, gases or vapors, solvents from spray painting operations, or in explosive atmospheres.
2. Do not use this mask in tanks, enclosed places or in any circumstances where gas is likely to be present or in oxygen deficient atmospheres.
3. This mask should not be worn when conditions prevent a good face to face seal. Such conditions include the growth of beards or mustaches and sideburns and the use of spectacles or any other device containing temples or straps which pass between the mask sealing edge and the wearer's face.
4. Leave the work area immediately if breathing becomes difficult or discomfort or any other signs of distress occur.
5. It is not allowed to use the mask without proper fit.

**Instructions for use**

This section contains critical information for the safe and effective use of the respirator.

1. This mask must not be used for more than single shift (8 hours). Always discard and replace the mask when the breathable resistance becomes excessive or at the end of every working shift.
2. No alteration or modification is allowed. Never use damaged masks, in that case discard these masks.
3. The wearer of the mask must be well trained to use properly before starting work. Facial hair (beard or sideburns) of the user within the area of the sealing edges of the mask may jeopardize the protection efficiency of the mask itself.
4. Before use of these respirators, a written respiratory protection program must be implemented, meeting all the requirements of OSHA 29 CFR 1910.134, including training, medical evaluation and fit testing.