1. Hold the mask with nosepiece at fingertips.

2. Place the mask under your chin with nosepiece up.

3. Pull the top strap over and rest at the top back of your head, the bottom strap around the neck below the ears.

4. Place your fingertips from both hands at the top of the metal nosepiece.

5. Press the nosepiece to the shape of nose with two hands.

6. To check the fit, place both hands over the mask and breathe vigorously. If air flows around the nose, readjust as in step 4 and fasten the straps.