

# Helping You Wear it Right

## Wearing your three-panel filtering facepiece respirator

1



Remove the respirator from its packaging and hold with straps facing upward. Place the bottom strap under the center flaps next to the "WARNING" statement.

2



Fully open the top and bottom panels, bending the nosepiece around your thumb at center of the foam. Straps should separate when panels are opened. Make certain the bottom panel is unfolded and completely opened.

3



Place the respirator on your face so that the foam rests on your nose and the bottom panel is securely under your chin.

4



Pull the top strap over your head and position it high on the back of the head.

5



Then, pull the bottom strap over your head and position it around your neck and below your ears. Adjust for a comfortable fit by pulling the top panel toward the bridge of your nose and positioning the bottom panel under your chin.

6



Place fingertips from both hands at the top of your nose and mold the nosepiece around your nose to achieve a secure seal.



Non-valved, three-panel filtering facepiece respirator



Valved, three-panel filtering facepiece respirator

## Check the seal of your three-panel facepiece respirator each time you don the respirator.



### For non-valved respirators

Place one or both hands completely over the middle panel. *Inhale and exhale sharply.* If air leaks around your nose, readjust the nosepiece. If air leaks between the face and faceseal of the respirator, reposition it by adjusting the panels and straps. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



### For valved respirators

Place one or both hands completely over the middle panel and *inhale* sharply. If air leaks around your nose, readjust the nosepiece. If air leaks between the face and faceseal of the respirator, reposition it by adjusting the panels and straps. 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.