

# Wear it Right

## Wearing Your Adjustable Strap Respirator

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1 Place the respirator over your nose and mouth. Be sure the metal noseclip is on top.
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2 Pull the bottom strap over your head until it rests below the ears at the back of your neck.
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3 Pull the top strap over your head until it rests on the crown of your head above your ears.
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4 Without removing the respirator, adjust the straps until the respirator is secure. To tighten the respirator, gently pull the ends of both straps. To loosen the respirator, press on the back side of the buckle.
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5 Using both hands starting at the top, mold the metal noseclip around your nose to achieve a secure seal.



Adjustable strap valved filtering facepiece respirators

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6 Check the seal of your adjustable strap valved filtering facepiece respirator each time you don the respirator.

To check the respirator-to-face seal, place both hands completely over the respirator and inhale sharply. Be careful not to disturb the position of the respirator. A negative pressure should be felt inside the respirator. If any leakage is detected, readjust the position of the respirator according to Steps #4 and #5. **If you CANNOT achieve a proper fit, DO NOT enter the contaminated area. See your supervisor.**



### WARNING

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. Follow all local regulations. In the U.S., a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 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 correct use, consult supervisor and *User Instructions*, or call 3M Personal Safety Division (PSD) Technical Service in the U.S.A. at 1-800-243-4630. In Canada, call 1-800-267-4414.