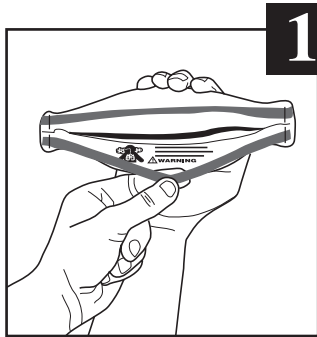


Fitting Instructions for Three-Panel Filtering Facepiece Respirator

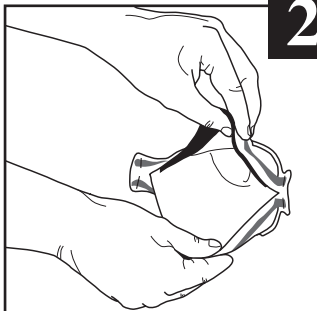
Issue Date 01/01/04

Wearing your three-panel filtering facepiece respirator



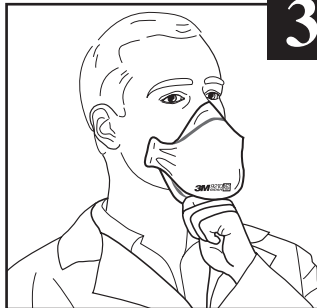
1

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.



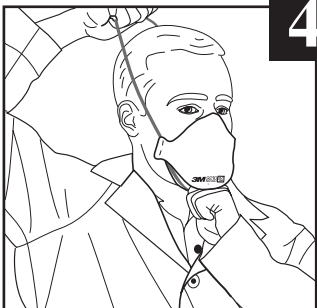
2

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

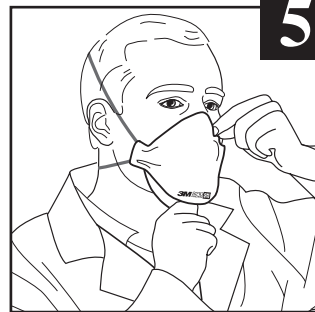
Pull the top strap over your head and position it high on the back of the head. Then, pull the bottom strap over your head and position it around your neck and below your ears.



Non-valved, three-panel filtering facepiece respirator

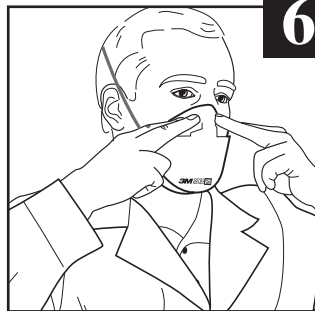


Valved, three-panel filtering facepiece respirator



5

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

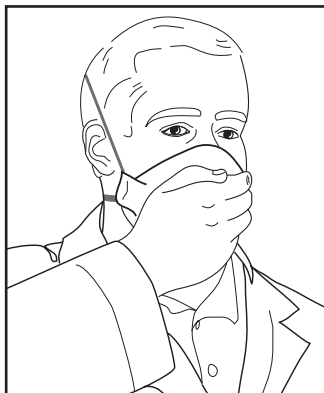
Place fingertips from both hands at the top of your nose and mold the nosepiece around your nose to achieve a secure seal. **Note:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.

3M™ Fitting Instructions for Three-Panel Filtering Facepiece Respirator

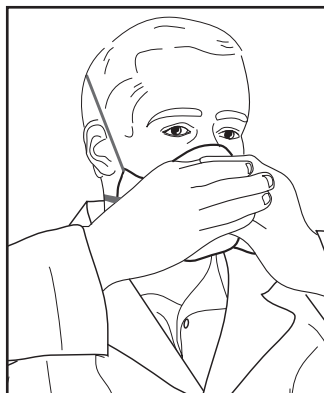
10006
page 2 of 2

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

1a 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.



1b 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.



Important

Before using these respirators, you must determine the following:

1. The type of contaminant(s) for which the respirator is being selected.
2. The concentration level of contaminant(s).
3. Whether the respirator can be properly fitted on the wearer's face.
Do not use with beards, on other facial hair, or other conditions that prevent a good seal between the face and the faceseal of the respirator.
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.

3M

General Offices
3M Center
St. Paul, MN 55144-1000

Distributed by:

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.com
(888) 933-0100



⚠ WARNING

These respirators help reduce exposure to certain particles. **Misuse may result in sickness or death.** Before use, the wearer must read and understand **User Instructions** provided as a part of product packaging. Time use limitations may apply. For proper use, see package instructions, supervisor or call 3M OH&ESD Technical Service in U.S.A., 1-800-243-4630. In Canada, call 1-800-267-4414.

For more information, please contact:

3M Occupational Health and Environmental Safety Division (OH&ESD)

In the U.S., contact:

Sales Assistance
1-800-896-4223

Technical Assistance
1-800-243-4630

Fax On Demand
1-800-646-1655

Internet
<http://www.3M.com/occsafety>

For other 3M products
1-800-3M HELPS

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Internet
<http://www.3M.com/CA/occsafety>

Technical Assistance In Mexico
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5270-2255, 5270-2119 (Mexico City only)

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