

These fitting instructions must be followed each time a three-panel filtering facepiece respirator is worn.

1. Prepare to Use Respirator



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.



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.



2. Place Respirator on Face



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



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. Adjust for a comfortable fit by pulling the top panel toward the bridge of your nose and positioning the bottom panel under your chin.

3. Adjust the Metal Nosepiece



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

4. Check Respirator-to-Face Seal



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

Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the particles, the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of this respirator, consult the supervisor and *User Instructions*, or call 3M at 1-800-247-3941.

IMPORTANT SAFETY INFORMATION

For 3M™ Filtering Facepiece Respirators Being Used by the General Public for Cleanup Activities from Natural Disasters. (Keep this bulletin for future reference.)

WARNING



Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of the respirator and/or do not wear the respirator during all times of exposure to the airborne particles the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of a respirator, consult the supervisor and *User Instructions*, or call 3M in the U.S.A. at 1-800-247-3941.

IMPORTANT

If you have pre-existing lung disease such as asthma or emphysema, underlying heart disease such as heart failure or other health conditions, you may have difficulty breathing through some respirators and should consult your healthcare provider before use.

Standards regulating respirator training for the general public have not been established. For your respirator to help reduce the number of particles you breathe, you must read and follow this bulletin.¹¹

Considerations for Use

3M™ Particulate Filtering Facepiece Respirators N95 are intended to cover the nose and mouth of the wearer to help reduce wearer exposure to airborne particles.

1. Select the Right Respirator

- 3M respirators are adult size respirators. To determine if the respirator fits you, follow the fitting instructions included with the respirator. Always check your fit when you wear it.
- 3M respirators are certified by the National Institute for Occupational Safety and Health (NIOSH). For more information on NIOSH certification see the NIOSH approval label included in the packaging.

2. When to Wear Your Respirator

- To be most effective, the respirator must be worn whenever you are exposed to the particles to which you wish to reduce your exposure.

3. Use it Correctly

- Although respirators can help reduce the number of particles you breathe, they will not eliminate the risk of symptoms or sickness.
- Do not alter, abuse or use this respirator other than as stated.

4. Prepare Yourself

- Practice putting on the respirator before you enter the contaminated area.
- Anything that comes between the respirator and your face will make the respirator less effective by interfering with its fit.
- Men should shave every day that they may use the respirator. Hair, jewelry and clothing should not be between your face and the respirator.
- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling the respirator.

5. Inspect Your Respirator

- Inspect respirator for holes, tears or other damage to surfaces, straps, metal nose strip and nose foam. If your respirator has been damaged – DO NOT USE IT. Get a new one.

6. How to Wear

- Follow the fitting instructions included with the respirator. Fitting instructions are also available on 3M's website www.3M.com/workersafety.

7. When to Replace

- Go to a clean, safe area, and replace your respirator if it is damaged, or if it becomes harder to breathe through.
- You should never wash, disinfect, reuse or share your respirator with others.

8. Do Not Use

- Do not use filtering facepiece particulate respirators for gases and vapors, areas with low oxygen levels, asbestos, lead, large areas of mold and other hazardous substances. Hire a contractor and/or contact your local health authority.

For additional information see www.3M.com/workersafety or call 3M at 1-800-247-3941.

Personal Safety Division

3M Center, Building 235-2W-70
St. Paul, MN 55144-1000

3M PSD products are occupational use only.

In United States of America

Technical Service: 1-800-243-4630
Customer Service: 1-800-328-1667
3M.com/workersafety

In Canada

Technical Service: 1-800-267-4414
Customer Service: 1-800-364-3577
3M.ca/Safety

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