

Helping You Wear it Right

Wearing Your Filtering Facepiece Respirator

1



Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210 or 07048, pre-stretch the straps before wearing.

2



Pull the top strap over your head until it rests on the crown of your head above your ears.

3



Pull the bottom strap over your head until it rests just below your ears.

4



Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal.



Filtering Facepiece
Valved Respirator

Filtering Facepiece
Non-Valved Respirator

Check the Seal of Your Filtering Facepiece Respirator Each Time You Don the Respirator.



Positive Pressure User Seal Check

For Non-Valved Respirators

Place both hands completely over the respirator and *exhale*. The respirator should bulge slightly. If air leaks between the face and faceseal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



Negative Pressure User Seal Check

For Valved Respirators

Place both hands over the respirator and *inhale* sharply. The respirator should collapse slightly. If air leaks between the face and faceseal of the respirator, reposition it and readjust the nose clip for a more secure seal. 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.

Cleaning Reusable Respirators



The proper cleaning and maintenance of respirators is an important area that is commonly overlooked. All respiratory protection equipment needs to be in good condition to work effectively and to be able to supply the level of protection expected by the user.

Inspection of 3M™ Reusable Respirators is recommended before each use to ensure good operating condition. The facepiece must be repaired or replaced if there are damaged or defective parts. The following inspection procedure is suggested:

1. Check facepiece for cracks, tears and dirt. Be certain the facepiece, especially the face seal area, is not distorted.
2. Examine inhalation valves for signs of distortion, cracking or tearing.
3. Make sure that head straps are intact and have good elasticity.
4. Examine all plastic parts for signs of cracking or fatiguing. Make sure filter gaskets or seal areas are in good condition.
5. Remove the exhalation valve cover and examine the exhalation valve and valve seat for signs of dirt, distortion, cracking or tearing. Replace exhalation valve cover.
6. Inspect the lens of full facepiece respirators for any damage that may impair its performance or vision.

Cleaning is recommended after each use. 3M™ Respirator Cleaning Wipes 504 may be used as an interim method in the cleaning schedule for individually assigned respirators, but this should not be the only method in place. During fit testing, these wipes may also be used to clean masks between employees being tested. However, respirators must be thoroughly cleaned at the end of each day, using these procedures:

1. Remove cartridges and filters.
2. Clean facepiece (excluding filters) by immersing in warm cleaning solution, the water temperature should not exceed 50° C, and scrub with soft brush until clean. Add neutral detergent if necessary. Do not use cleaners containing lanolin or other oils. (50° C is ≈120° F.)
3. Disinfect the facepiece by soaking in a solution of quaternary ammonia disinfectant or dilute sodium hypochlorite (30 mL household bleach in 7.5 L of water), or another suitable disinfectant.

1 ounce in two (2) gallons.

4. Rinse in fresh, warm water and air dry in a clean non-contaminated area.
5. Inspect the respirator components prior to reassembly. A respirator with any damaged or deteriorated components must be repaired or discarded.
6. Store the clean respirator away from contaminated areas when not in use.

NOTE: The above information is also outlined in the users instructions. Additionally, see specific product user instructions packaged with each respirator facepiece for additional information.

Peter Knott, Terry Gorman
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