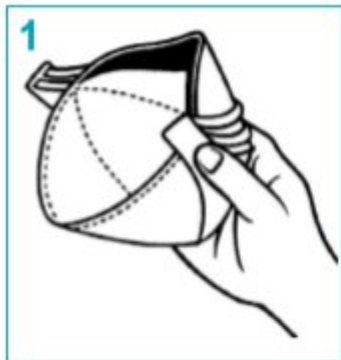
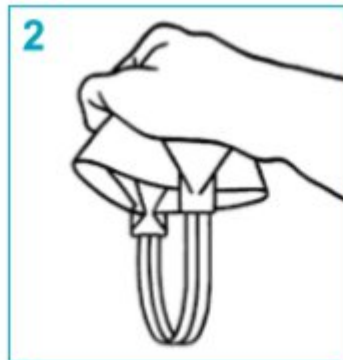


# Follow these five steps to fit your respirator correctly

*Tip: It may be helpful to look in the mirror when fitting your respirator*



Hold the respirator in one hand and separate the edges to fully open it with the other hand. Bend the nose wire (where present) at the top of the respirator to form a gentle curve.



Turn the respirator upside down to expose the two headbands, and then separate them using your index finger and thumb. Hold the headbands with your index finger and thumb and cup the respirator under your chin.



Position the upper headband on the crown of your head, above the ears, not over them. Position the lower strap at the back of your head below your ears.



Ensure that the respirator is flat against your cheeks.



Mould the nosepiece across the bridge of your nose by firmly pressing down with your fingers until you have a good facial fit, if a good fit cannot be achieved, do not proceed.

## Now perform a fit check



Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator on the face.

For an unvalved product – exhale sharply; for a valved product – inhale sharply.

If air flows around the nose, readjust the nosepiece; if air flows around the edges of the respirator, readjust the headbands.

A successful fit check is when there is no air leaking from the edges of the respirator. Always perform a fit check before entering the work area.

If a successful fit check cannot be achieved, remove and refit the respirator.

If you still cannot obtain a successful fit check, do not enter the work area.