

# Helping You Wear it Right

## Wearing Your Filtering Facepiece Respirator

1



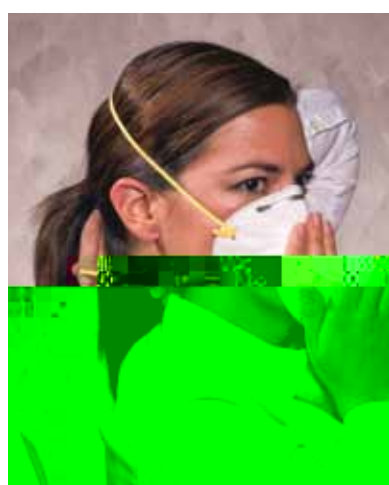
Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210 or 07048, pre-stretch the straps before wearing.

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.

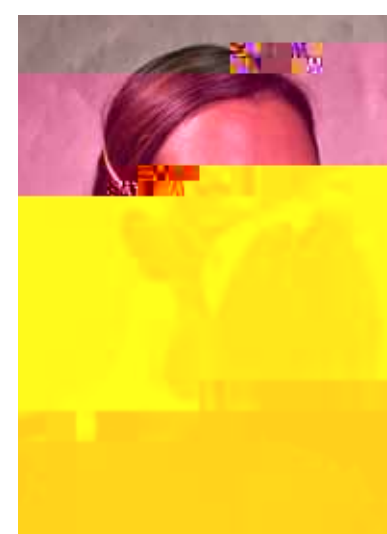
## Check the Seal of Your Filtering Facepiece Respirator Each Time You Don the Respirator.



### 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 facesal 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 facesal 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.

