

How to wear a respirator

Putting it on



Cup the respirator in your hands with the nosepiece at your fingertips. Allow the head straps to hang freely below your hand.



Position the respirator under your chin with the nosepiece facing upward.



Holding the respirator in place, pull the top strap over your head so it sits high on the back of your head.



Keep hold of the respirator, pull the bottom strap over your head and position it around your neck below your ears. Position the respirator low on your nose and ensure the straps are not twisted.



Using both hands, mould the nosepiece to the shape of your nose by pushing inward while sliding your fingertips down both sides of the nosepiece. Note: Use both hands to do this, pinching with one hand may result in an improper fit and will affect the respirator's performance.

Positive Pressure Fit Check



Check the respirator seal before each use. To perform a pressure fit check, place both hands completely over the respirator without disturbing the position - and exhale sharply. If air leaks around your nose, adjust the nosepiece as per step 5. If air leaks at the respirator edges, adjust the straps beside and behind your head and neck. Perform the fit check again. If you cannot achieve a proper seal, see your health and safety supervisor. Do not enter an area requiring a respirator.

Taking it off



Hold the respirator in your hand, keep it positioned on your face. Pull the bottom strap over your head.



Keep holding the respirator on your face. Pull the top strap over your head.



Remove the respirator from your face and store or discard it according to your workplace's policy.

Note:

A respirator will help protect you against certain particulate contaminants but will not eliminate the risk of contracting a disease or infection. Misuse of the respirator could result in sickness or death.