

Respirator Fitting Instructions



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1. *Hold the respirator in hand with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.*
2. *Press the respirator firmly against your face with the nosepiece on the bridge of your nose.*
3. *Stretch and position the top band high on the back of your head. Stretch the bottom band over the head and position below your ears.*
4. *Using both hands, mould the metal nosepiece to the shape of your nose.*
5. *To test fit, cup both hands over the respirator and exhale vigorously. If air flows around your nose, tighten the nose-piece; if air leaks around the edges, reposition the straps for a better fit.*
6. *Remember, careful observance of these fitting instructions is an important step in safe respirator use.*