

3M Elastomeric Facepiece Respirators – Tips for Use

Description

Whenever elastomeric facepieces and filters are used – such as those with N95, P2, or similar particle filters – it's important to follow the model-specific user instructions for each particular respirator model. The following additional resources are available to help train and educate employees on how to correctly put on and use 3M elastomeric facepiece respirators.

The general steps for donning (putting on) elastomeric half facepiece respirators are:

1. Adjust head cradle size (if possible) as needed to fit comfortably on head, and loosen straps.
2. Place respirator over your mouth and nose, then pull head harness over crown of your head.
3. Hook the bottom straps together behind your neck.
4. Adjust strap tension to achieve a secure fit. Pull the ends of the straps to adjust the tightness beginning with the adjustment points at the top of the respirator and then moving to the adjustment points at the back of the neck.
5. Do not over-tighten. Strap tension may be decreased by pushing out on backside of buckles.
6. Check the position in a mirror or ask a co-worker if you have put it on properly, and adjust if necessary.
7. Conduct a user seal check (fit check) according to the user instructions.

If any leaks are detected, adjust the fit or, if you can't get a good seal, look for another respirator model that fits you better.

The general steps for donning (putting on) elastomeric full facepiece respirators are:

1. Fully loosen all headstraps. Pull hair back.
2. Hold the front of the facepiece with one hand and the straps away from the facepiece with the other hand, creating an opening for the head. Pull the respirator assembly down over the head. Place the nose in the nose cup and chin in the chin cup area, then press the facepiece firmly and evenly against the face.
3. While holding the facepiece in place, pull the straps over your head.
4. Tighten the straps one at a time, beginning with the bottom straps followed by middle straps (if present) then top straps.
5. Check all straps and re-adjust if necessary, to ensure that they are tight and evenly tensioned so that the head harness is centered on the back of your head.
6. Check the position in a mirror or ask a co-worker if you have put it on properly and adjust if necessary. Ensure there are no creases or gaps around the facepiece perimeter.
7. Conduct a user seal check (fit check) according to the user instructions.

If any leaks are detected, adjust the fit or, if you can't get a good seal, look for another respirator model that fits you better.

If elastomeric facepiece respirators are used during care for patients with a suspected or confirmed infectious disease, the respirators should be carefully removed, touching only the straps and not the surface of the facepiece portion. Clean and disinfect facepiece and hard-sided filters after use or prior to re-use, according to applicable Requirements and guidance.

In many countries, employers are required to train workers when respirators are used at work. The videos, instruction sheets, and posters linked below can help users put respirators on properly and understand other aspects of use and may be used as a training resource.

If you do not see your respirator model listed below, please perform these steps to find the relevant resources:

1. Visit www.mmm.com.
2. Select your country and language from the list.
3. Once your local 3M web page loads, enter your respirator model into the search bar on the upper right.

Videos for Reference

- [3M™ Ultimate FX Full Facepiece Reusable Respirator FF-400 Series Video Library](#)
- [3M™ Full Facepiece Respirator 6000 Series Training](#)
- [3M™ Half Facepiece Reusable Respirator 6000 Series](#)
- [3M™ Half Facepiece Reusable Respirator 6500 Series](#)
- [3M™ Half Facepiece Reusable Respirator 7500 Series](#)

Fitting Posters

- [Wear It Right Poster 3M™ Half Facepiece Reusable Respirator 6000 Series](#)
- [Wear it Right Poster 3M™ Half Facepiece Reusable Respirator 7500 Series](#)
- [Wear It Right Poster 3M™ Full Facepiece Reusable Respirator 6000 Series](#)
- [Wear It Right Poster 3M™ Rugged Comfort Half Facepiece Reusable Respirator 6500 Series](#)
- [Wear it Right Poster 3M™ Full Facepiece Reusable Respirator 7800 Series](#)
- [Wear It Right Poster 3M™ Ultimate FX Full Facepiece Reusable Respirator FF-400 Series](#)

Occupational/Industrial User Resources

- [3M™ Half Facepiece Respirator 6000 Series User Instructions](#)
- [3M™ Rugged Comfort Half Facepiece Reusable Respirators 6500 Series User Instructions](#)
- [3M™ Half Facepiece Respirator 7500 Series User Instructions](#)
- [3M™ Full Facepiece Respirator 6000 Series User Instructions](#)
- [3M™ Full Facepiece Respirator 7000 Series User Instructions](#)
- [3M™ Ultimate FX Full Facepiece Respirator FF-400 User Instructions](#)



WARNING



Respirators help reduce exposures to certain airborne contaminants. Before use, the wearer must read and understand the User Instructions provided as a part of the product packaging. **Misuse may result in sickness or death.** For correct use, consult supervisor and *User Instructions*, or call 3M PSD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.

Personal Safety Division

3M Center, Building 235-2W-70
St. Paul, MN 55144-1000

3M PSD products are
occupational use only.

In United States of America

Technical Service: 1-800-243-4630
Customer Service: 1-800-328-1667
3M.com/workersafety

In Canada

Technical Service: 1-800-267-4414
Customer Service: 1-800-364-3577
3M.ca/Safety

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