



1. Cup respirator in one hand with nose piece at fingertips, allow head bands to hang freely below hand
2. Hold the respirator under chin with nose piece up
3. Locate the upper strap across the crown of the head and the lower strap below the ears at the nape of the neck - straps must not be twisted
4. Using both hands, mould the nose clip to the shape of the nose to ensure a good seal, Do not pinch the nose clip with only one hand, this can result in a gap occurring
5. To tighten the respirator fit, simultaneously pull the two top strap ends at the front of the respirator backwards and then repeat for the bottom two strap ends
6. The seal of the respirator should be fit checked before entering the workplace

Fit Check

1. Cover the front of the respirator with both hands being careful not to disturb the fit of the respirator.
2. Test:
 - **Unvalved** respirator - **Exhale** sharply
 - **Valved** respirator - **Inhale** sharply.
3. If air leaks around the nose, re-adjust the nose clip to eliminate leakage. Repeat the above fit check.
4. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Repeat the fit check.