Step 1
Hold respirator in your hand as shown.

Step 2
Pull the bottom headband overhead and place around neck below ears.

Step 3
Place respirator under your chin. Pull the top headband to top back of head.

Step 4
Cup both hands over the mask, checking for tightness, Inhale sharply, negative pressure should be felt in the mask, re-adjust as necessary.

Caution:
The respirator should be fit checked for each wearing.