Step 1
Hold respirator in your hand as shown, with the nosepiece at your fingertips and the headbands hanging freely below your hand.

Step 2
Place respirator under your chin with the nosepiece up. Pull the top headband to top back of head.

Step 3
Pull the bottom headband overhead and place around neck below ears.

Step 4
Adjust headbands for comfortable fit. Push the nosepiece inward with your fingertips to conform to the shape of your nose.

Step 5
Cup both hands over the mask, checking for tightness. Inhale sharply, negative pressure should be felt in the mask, Re-adjust as necessary.