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

**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 head band 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.

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