Fitting Instructions:

**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.

**Caution:**
The respirator should be fit checked for each wearing. Place both hands completely over the respirator and exhale. If air leaks around nose of the edges, adjust the nosepiece and/or headbands until a good fit is achieved.