1. Fold the mask from right to left.

2. Pull the both straps out from the folded mask.

3. Position the mask under the chin with noseclip facing upwards.

4. Pull the straps over your head and rests them on your neck.

5. Pull the one of the strap over your head and position it.

6. Mould the noseclip to the shape of the nose.

7. Change respirator immediately if breathing becomes difficult or respirator becomes damaged or distorted, or a proper face fit cannot be maintained.

Remember, careful observance of these fitting instructions is an important step in safe respirator use.