

**1****Step 1**

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

**2****Step 2**

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

**3****Step 3**

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

**4****Step 4**

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

**5****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.