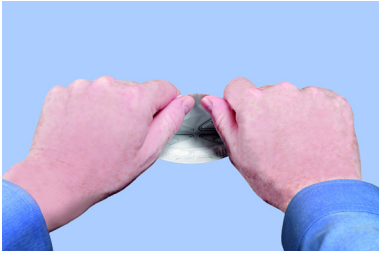


These fitting instructions must be followed each time a 3M™ VFlex™ Series Respirator is worn.

## 1. Prepare to Use Respirator



Place fingers from both hands on top of the nosepiece and both thumbs underneath. Bend slightly at center of nosepiece.



Unfold the respirator by pulling top part (with nosepiece) up and bottom part down so the respirator is open all the way. Straps should be held on the top panel.



## 2. Place Respirator on Face



Place respirator against your face with the bottom under your chin, and the nosepiece across the bridge of your nose. Hold respirator on your face with one hand. With your other hand pull the bottom securely under your chin.



Pull one strap over your head and position it around your neck and below your ears.



Pull second strap over your head and position it high on the back of your head.



If desired, tabs on side of respirator can be used to adjust for a comfortable fit. Make certain facial hair, hair, jewelry and clothing are not between your face and the respirator as they will interfere with fit. Make certain respirator is completely opened and edges lay flat against the face.



Adjust for a comfortable fit by pulling bottom edge under chin while holding top edge on nose.

## 3. Adjust the Metal Nosepiece



Place your fingertips from both hands at the top of the nosepiece. Use both hands to bend the nosepiece to fit snugly against your nose and face. The respirator may not fit as well if you pinch the nosepiece using one hand. Use two hands. Slide fingers down both sides of the nosepiece to seal it against your nose and face.

## 4. Check the Respirator to Face Seal



Perform a User Seal Check. To check the respirator-to-face seal, place both hands completely over the respirator and exhale. Be careful not to disturb the position of the respirator. If air leaks around the nose, readjust the nosepiece as described in step 3. If air leaks around respirator edges, adjust position of straps and make certain respirator edges fit snugly against the face.

### WARNING

Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the particles, the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of this respirator, consult the supervisor and *User Instructions*, or call 3M at 1-800-247-3941.

# IMPORTANT SAFETY INFORMATION

For 3M™ Filtering Facepiece Respirators Being Used by the General Public for Cleanup Activities from Natural Disasters. (Keep this bulletin for future reference.)

## WARNING



Filtering facepiece particulate respirators are intended to help reduce breathing in airborne particles such as dust. If you do not follow all instructions and limitations on the use of the respirator and/or do not wear the respirator during all times of exposure to the airborne particles the respirator may not be as effective. The respirator cannot stop the breathing in of all particles in the air and does not eliminate the risk of symptoms or sickness. **Misuse may result in sickness or death.** For correct use of a respirator, consult the supervisor and *User Instructions*, or call 3M in the U.S.A. at 1-800-247-3941.

## IMPORTANT

If you have pre-existing lung disease such as asthma or emphysema, underlying heart disease such as heart failure or other health conditions, you may have difficulty breathing through some respirators and should consult your healthcare provider before use.

Standards regulating respirator training for the general public have not been established. For your respirator to help reduce the number of particles you breathe, you must read and follow this bulletin.

## Considerations for Use

3M™ Particulate Filtering Facepiece Respirators N95 are intended to cover the nose and mouth of the wearer to help reduce wearer exposure to airborne particles.

### 1. Select the Right Respirator

- 3M respirators are adult size respirators. To determine if the respirator fits you, follow the fitting instructions included with the respirator. Always check your fit when you wear it.
- 3M respirators are certified by the National Institute for Occupational Safety and Health (NIOSH). For more information on NIOSH certification see the NIOSH approval label included in the packaging.

### 2. When to Wear Your Respirator

- To be most effective, the respirator must be worn whenever you are exposed to the particles to which you wish to reduce your exposure.

### 3. Use it Correctly

- Although respirators can help reduce the number of particles you breathe, they will not eliminate the risk of symptoms or sickness.
- Do not alter, abuse or use this respirator other than as stated.

### 4. Prepare Yourself

- Practice putting on the respirator before you enter the contaminated area.
- Anything that comes between the respirator and your face will make the respirator less effective by interfering with its fit.
- Men should shave every day that they may use the respirator. Hair, jewelry and clothing should not be between your face and the respirator.
- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling the respirator.

### 5. Inspect Your Respirator

- Inspect respirator for holes, tears or other damage to surfaces, straps, metal nose strip and nose foam. If your respirator has been damaged – DO NOT USE IT. Get a new one.

### 6. How to Wear

- Follow the fitting instructions included with the respirator. Fitting instructions are also available on 3M's website [www.3M.com/workersafety](http://www.3M.com/workersafety).

### 7. When to Replace

- Go to a clean, safe area, and replace your respirator if it is damaged, or if it becomes harder to breathe through.
- You should never wash, disinfect, reuse or share your respirator with others.

### 8. Do Not Use

- Do not use filtering facepiece particulate respirators for gases and vapors, areas with low oxygen levels, asbestos, lead, large areas of mold and other hazardous substances. Hire a contractor and/or contact your local health authority.

For additional information see [www.3M.com/workersafety](http://www.3M.com/workersafety) or call 3M at 1-800-247-3941.

#### Personal Safety Division

3M Center, Building 235-2W-70  
St. Paul, MN 55144-1000

3M PSD products are occupational use only.

#### In United States of America

Technical Service: 1-800-243-4630  
Customer Service: 1-800-328-1667  
[3M.com/workersafety](http://3M.com/workersafety)

#### In Canada

Technical Service: 1-800-267-4414  
Customer Service: 1-800-364-3577  
[3M.ca/Safety](http://3M.ca/Safety)

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