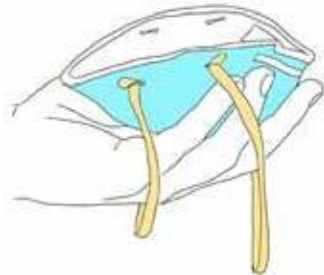


Putting on and removing your disposable respirator

The following are basic instructions for putting on, seal checking, fit testing and removing your respirator. Always follow the manufacturer's instructions.

Putting on your respirator



1. Cup the respirator in your hand with the nosepiece at your fingertips.



2. Hold the respirator over your nose, mouth, and chin with one hand.



3. Using your other hand, position the top strap over your head and above your ears.



4. Place the bottom strap behind your head and below your ears. If the strap is a clip-on type, clip it behind your neck.



5. Using the fingertips of both hands, mold the nosepiece to the shape of your nose by gently pressing inward and down the sides of the nosepiece.

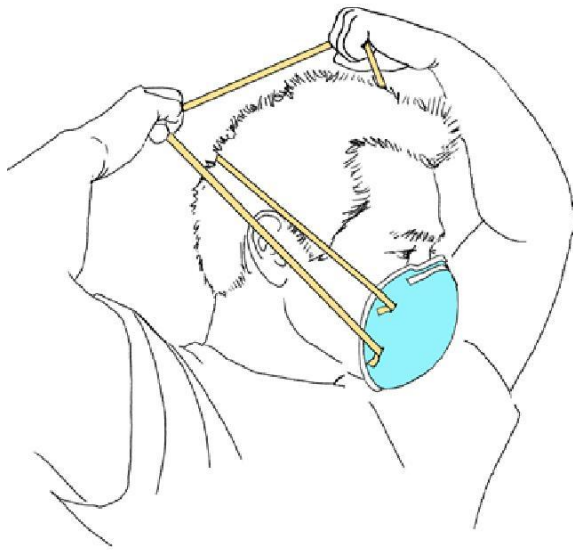


6. Perform a seal check by covering your respirator with both hands. When you inhale your respirator should collapse slightly. When you exhale you should feel no air escaping.

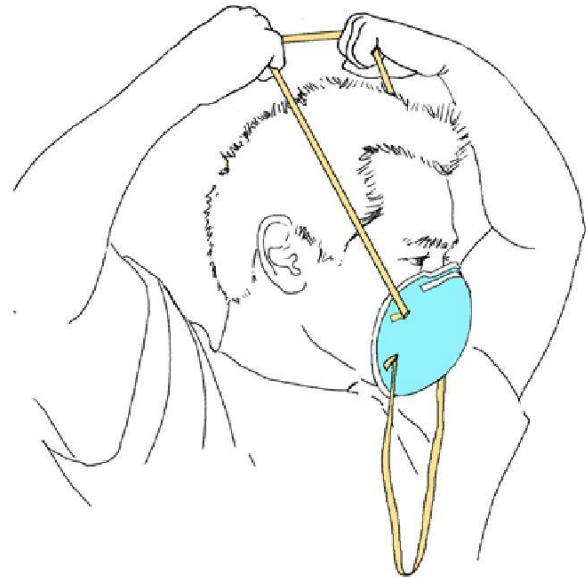


7. To ensure your respirator seals with your face, participate in a fit test as required.

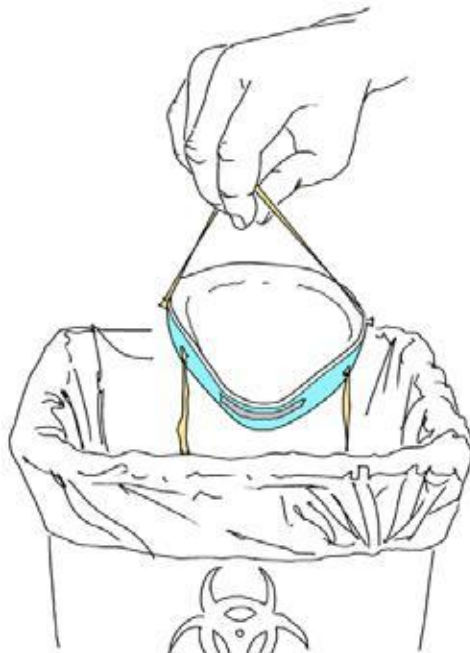
Removing your respirator



1. Using both hands, grasp the bottom strap and pull it over your head. If the strap is a clip-on type, unclip it.



2. Pull the top strap over your head.



3. Dispose of your respirator if:

- It is damaged or soiled.
- Breathing becomes difficult.
- It has been used to protect you from biohazards such as bacteria or viruses.

To discard it, handle it by the straps and follow safe work procedures.



4. Consider storing your respirator if

- It is not damaged or clogged.
- You can breathe freely through it.
- It has not been used to protect you from biohazards such as bacteria or viruses.

Place your respirator in a resealable bag and store it where it will not get crushed or folded.