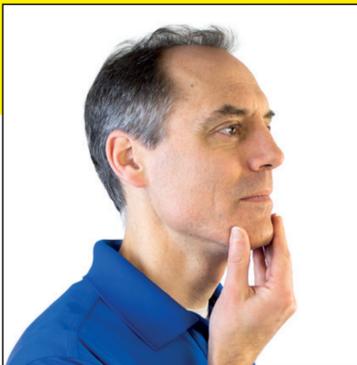


# The Importance of Fit.

Respiratory protection is effective if it is correctly selected, fitted, and worn throughout the time when the wearer is exposed to respiratory contaminants. Reusable respirators need to have a good seal between the edges of the respirator and your face. If the seal is broken, protection is compromised as contaminated air can leak in through any gaps. To help get a good fit consult your supervisor and user instructions. In addition, the below steps provide an overview of key elements to help obtain a good fit with the 3M™ Secure Click™ Half Mask Reusable Respirator HF-800 Series.



**Be clean shaven.** Do not wear with beards or other facial hair. Do tie back long hair and remove jewellery so that it does not interfere with the seal to the face.



1. Adjust head cradle size as needed to fit comfortably on your head. Place the respirator over your mouth and nose with one hand, then pull the head harness over the crown of your head with the other hand.



2. Grasp the bottom straps, place them at the back of your neck and hook them together.



3. Pull the ends of the straps to adjust the tightness, beginning with the adjustment points on your head cradle and then move to the adjustment points at the back of your neck. Do not over-tighten. Strap tension may be decreased by pushing out on the back side of buckles or squeezing the wings to loosen the top strap buckles.

## Perform a User Seal Check

*(Can be used with particulate filters and cartridges)*



1. Cover the opening of the exhalation valve cover with your hand and exhale gently. If the facepiece bulges slightly and no air leaks are detected between your face and facepiece, a proper seal has been obtained.



2. Lightly press the seal check button until you feel resistance. Hold the button in this position and inhale gently. If you feel the facepiece collapse slightly and pull closer to your face with no leaks between the face and facepiece, a proper seal has been obtained.



3. If faceseal air leakage is detected, reposition respirator on your face and/or readjust tension of the straps to eliminate air leakage. Repeat the user seal check until a proper seal is obtained.

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For respiratory training and advice please contact your local 3M representative.

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