



## FITTING INSTRUCTIONS:

Before fitting the respirator, *carefully inspect the entire respirator* to ensure that the respirator is not damaged and is functioning correctly. **Discard the entire respirator if any part does not function properly.**

1. Place the respirator over your nose and mouth. Be sure the nose shape position is on top.
2. Pull the bottom strap over your head until it rests below the ears at the back of your neck. Untwist the strap.
3. Pull the top strap over your head until it rests on the crown of your head above your ears. Untwist the strap.
4. Without removing the respirator, adjust the straps until the respirator is secure. To tighten the respirator, gently pull the ends of both straps. To loosen the respirator, press on the back side of the buckle.
5. To check the correct fit, cup with both hands the respirator and exhale powerfully. If any airflow indicates leakage around the edges of the respirator stretch the headbands again by pulling them backwards. Then correct the position of the respirator (see picture) and check again. **WARNING!** It is not allowed to use the respirator without proper fit. **NEVER USE THE RESPIRATOR AND DO NOT ENTER A CONTAMINATED AREA WITHOUT A PROPER SEAL.**

**Note:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.

Manufacturer Address:

Fido Mask Co., Ltd  
No. 31, Gong 1st Rd., Dajia Dist., Taichung City 437 , Taiwan (R.O.C.)

TC-	Protection <sup>1</sup>	Respirator	Cautions and Limitations <sup>2</sup>
		3030V	
84A-8090	R95	X	ABCJMNP