

# Wear It Right



These fitting instructions must be followed each time a VFlex™ 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 (1a). Unfold the respirator by pulling top part (with nosepiece) up and bottom part down so the respirator is open all the way (1b). 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 (2a).

Pull one strap over your head and position it around your neck and below your ears (2b).

Pull second strap over your head and position it high on the back of your head (2c).

If desired, tabs on side of respirator can be used to adjust for a comfortable fit (2d). 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 (2e).

## 3 Adjust the 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 (3).

**▲ 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 (4). 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.

**If you CANNOT achieve proper seal DO NOT enter the contaminated area.**

### Removal instructions

See step 2b and place hand over respirator to maintain position on face.

Remove strap resting high on the back of your head.

Still holding respirator in position, pull strap resting on your neck over your head and remove respirator.

### WARNING

These respirators help reduce exposures to certain airborne particulates. Before use, the wearer must read and understand the User Instructions provided as a part of the product packaging. A written respiratory protection program must be implemented meeting all the requirements of OSHA 1910.134 including training, fit testing and medical evaluation. In Canada, CSA standards Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. **Misuse may result in sickness or death.** For proper use, see package instructions, supervisor, or call 3M OH&ESD Technical Service in USA at 1-800-243-4630 and in Canada at 1-800-267-4414.