

# The Importance of Fit

Disposable respirators are only effective when there is a good seal between the edges of the respirator and your face. The instant this seal is broken, protection is compromised as contaminated air can leak in through any gaps.

These fitting instructions must be followed each time a 3M™ Aura™ Particulate Respirator 9300+Gen3 Series is worn.



Make sure that your face is clean shaven. Respirators should not be worn with stubble, beards or other facial hair under the area of the face seal as these can prevent a good seal to the face.



1. With reverse side up and using tabs, separate top and bottom panels.



2. Pull chin and nose panel tabs until the noseclip bends so that the respirator forms a cup shape. Ensure both panels are fully unfolded.



5. With other hand, take each strap in turn and pull each strap over your head.  
6. Locate the upper strap across the crown of the head and the lower strap below the ears. Straps must not be twisted. Adjust top and bottom panels, using tabs, for a comfortable fit. Ensure that panels are not folded and that tabs are folded flat.

Noseclip should be moulded around nose and cheeks to give a good seal

Make sure the panels are fully unfolded and tabs are folded flat

Respirator should be correctly positioned on the face using the graspable valve and/or by adjusting the top and bottom panels, using the tabs



3. Whilst still holding the tabs, hold the respirator with open side towards face and bring respirator to face.



7. Using both hands, mould noseclip to the shape of the nose to ensure a close fit and good seal. Pinching the noseclip using only one hand may result in less effective respirator performance.



4a) VALVED respirator – with one hand, hold the sides of the valve to hold respirator position on face.  
4b) UNVALVED respirator – cup respirator in one hand with open side towards face.



8. The seal of the respirator on the face should be fit-checked before entering the workplace.

Upper strap should be positioned on the crown of the head. Strap should not be twisted

Lower strap should be positioned below the ears. Strap should not be twisted

## Fit check procedure

1. Cover the front of the respirator with both hands being careful not to disturb the fit of the respirator.
- 2a. UNVALVED respirator – EXHALE Sharply
- 2b. VALVED respirator – INHALE sharply.
3. If air leaks around the nose, re-adjust the noseclip to eliminate leakage. Repeat the above fit check.
4. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Repeat the fit check.

If you CANNOT achieve a proper fit DO NOT enter the hazardous area. See your supervisor.