Putting On
A Filtering Face Piece Respirator

Hold the respirator in your hands with the nose piece towards your finger tips.

Position the mask over your mouth and nose.

Pull the top strap over your head so that it rests above your ears.

Pull the bottom strap over your head so that it rests below your ears around your neck.

If the respirator has a metal nose fit tap, use your finger tips from both hands to mold it to your nose.