

# Putting On A Filtering Face Piece Respirator



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

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Position the mask over your mouth and nose.

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

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

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

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