When putting on your mask, make sure it:

• Fits properly on the chin
• Fits across the nose-bridge
• Is comfortable in spanning the distance from the nose to the chin
• Has adequate strap tension, not overly tight; top strap rests high on the back of your head and the second positioned around your neck, below your ears
• Always perform a “fit check” before each use

Performing Fit Check

• Place both hands completely over the respirator, being careful not to disturb the position
• Exhale sharply
• If air leaks around your nose, adjust the nosepiece
  • Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.
  • Pinching may result in improper fit!
• If air leaks at the respirator edges, adjust the straps back along the sides of your head
• Perform fit check again if adjustment is made
• If proper fit can still not be achieved escalate to your supervisor.
N95 Fit Check

3M 1860/1860S                    3M VFlex

Adjustment:

Fit Check:

POSITIVE PRESSURE FIT CHECK