

## Fitting a 3M™ 1863 Unvalved FFP3 Respirator

Model: 1863, unvalved, FFP3, EN149: 2001

(if a 3M valved respirator is used, such as the 3M 1873v valved FFP3, then refer to the appropriate Fitting Instructions for this model)



**1**

The noseclip is located in the top panel. Pre-form it by gently bending the centre of the panel with thumb and index finger. Hold the respirator in one hand and pull out the bottom panel.

Turn the respirator over to expose the headbands, letting them hang free.

**2**



**3**

Cup the respirator under your chin and pull the headbands over your head. Place the lower band below your ears and the upper band across the crown of your head.



Adjust the top and bottom panels for a comfortable, snug fit.

**4**



**5**

Using both hands, mould the noseclip to the shape of the lower part of the nose. Pinching the nosepiece with only one hand can result in less effective respirator performance.



Cup both hands over the respirator and exhale sharply. You should feel a slight positive pressure inside the facepiece. If you do not, then reposition the facepiece and noseclip, and repeat the check.

**6**



**7**

To remove the respirator, take the corners of the respirator on both sides of your face between finger and thumb. Lift the respirator away from the face and then upwards, until the headbands come free from your head. As far as possible avoid touching the facepiece with your hands. Dispose of the respirator immediately in a clinical waste bag. DO NOT RE-USE. Wash hands after disposal



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