

# Fitting Instructions 3M VFlex Particulate Respirator 1804/1804S & 1805/1805S

1



Inspect the respirator ensuring it's not damaged, crushed, wet or soiled. **Users must be clean shaven prior to donning a respirator.**

2



Unfold the respirator by pulling top part (with nosepiece) up and bottom part down so the respirator is open all the way.

3



Place respirator against your face with the bottom under your chin, and the nosepiece across the bridge of your nose.

4



Pull one strap (or both) straps over your head. **Eye glasses must be removed prior to putting on and removing the respirator.**

5



The bottom strap needs to be positioned around your neck. The top strap needs to be positioned at the crown of your head.

6



Tabs on side of respirator may be used to further adjust face piece for comfort. **Make certain hair, jewelry and clothing are not between your face and the respirator** as they will interfere with fit. Make certain respirator is completely opened and edges lay flat against your face.

7



Adjust by pulling bottom edge under chin while holding top edge on nose.

8



Place your fingertips from both hands at the top of the nosepiece. Use both hands to bend the nosepiece to fit snugly against your nose and face. Slide fingers down both sides of the nosepiece to seal it against your nose and face.

**Note: Always use two hands when molding the nose piece. Pinching with one hand may result in improper fit and less effective respirator performance.**



## Perform a User Seal Check

**Check the seal of your respirator each time you use the respirator.**

To check the respirator-to-face seal, place both hands completely over the respirator and exhale. If air leaks around the nose, re-adjust the nosepiece as described in step 8. If air leaks around respirator edges, adjust position of straps and make certain respirator edges fit snugly against the face. If you CANNOT achieve a proper seal,

**DO NOT** enter the contaminated area. See your supervisor.

## Removal



1. Lift off the top strap. Do not touch the respirator.

2. Close your eyes and without touching the front of the respirator, slowly lift the bottom strap from around your neck up and over your head.



3. Dispose according to the Infection Prevention and Control Manual.

4. Perform hand hygiene.

**NOTE: Respirators are one time use only.**

The N95 respirator filters out 95% of airborne hazards that are .3 microns in size or more including TB, measles, mumps, chickenpox, SARS, and Ebola. The N95 respirator protects staff during Aerosol Generating Medical procedures and should be worn as directed by the WRHA Infection Prevention and Control Department.

[1] Information sourced from 3M™ Health Care Particulate instructions; Respirator and Surgical Masks, visit 3M.com/infectionprevention