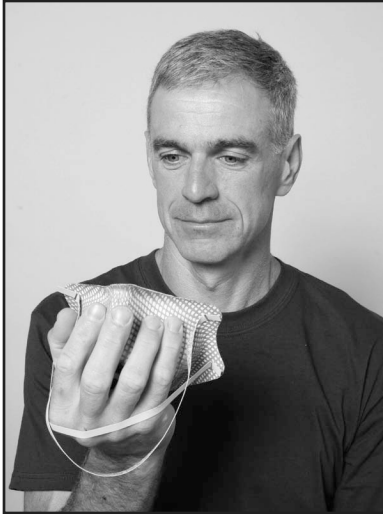


# Follow the step-by-step instructions below to learn how to properly don particulate and dual-cartridge respirators.

## Donning a Particulate Respirator

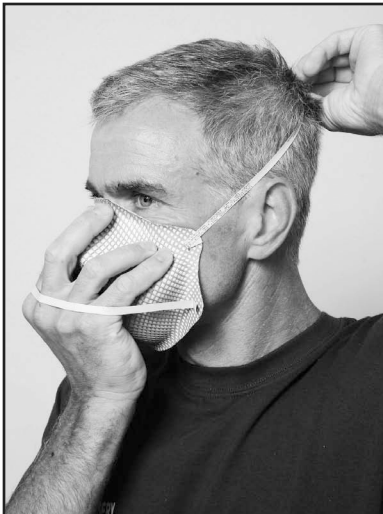
If the respirator has adjustable straps, follow the manufacturer's instructions. Also, see the manufacturer's instructions for any additional fitting information.



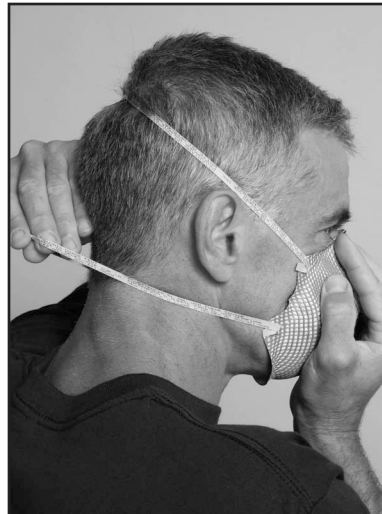
**Step 1:**  
Hold the respirator in your hands with the nosepiece toward your fingertips.



**Step 2:**  
Position the mask over your mouth and nose.



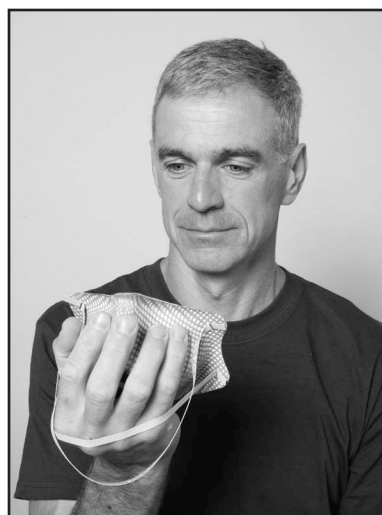
**Step 3:**  
Pull the top strap over your head. The strap goes over the back of your head above your ears.



**Step 4:**  
Pull the shorter bottom strap over your head, below your ears. It goes around your neck.



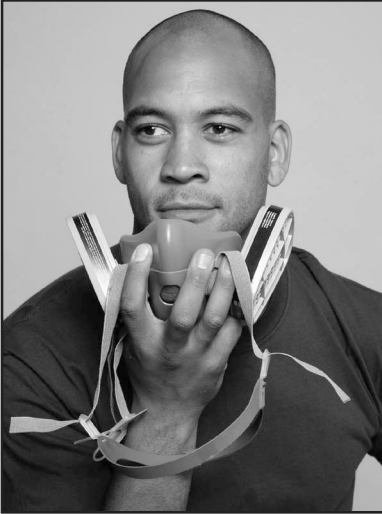
**Step 5:**  
If the respirator has a metal nosepiece tab, use fingertips of both hands (one on each side) to mold it to your nose. Pinching with one hand may cause it to take an odd shape & allow contaminants in.



**Step 6:**  
Adjust the facepiece and straps until you have a comfortable fit.

# Donning a Dual Cartridge Respirator

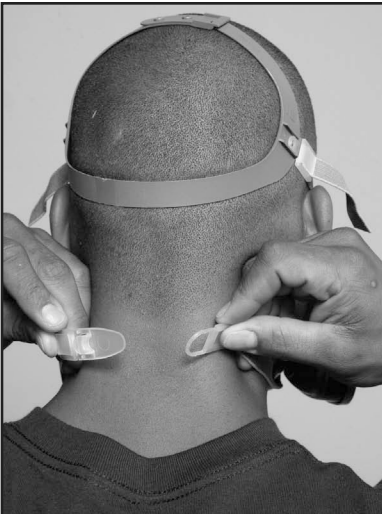
Check the manufacturer's information for any additional instructions.



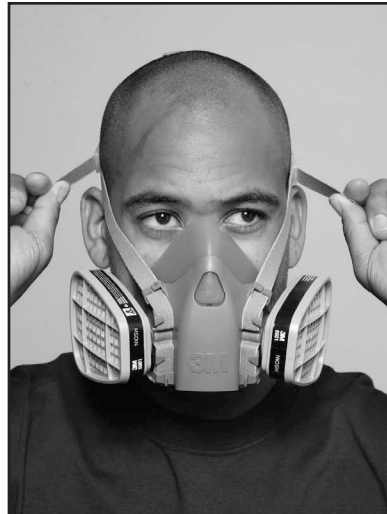
**Step 1:**  
Place the respirator under your chin with the nosepiece facing up.



**Step 2:**  
Place the top strap on the top of your head.



**Step 3:**  
Attach the bottom straps behind your neck.



**Step 4:**  
Adjust the facepiece and straps for a comfortable fit. Tighten the straps by pulling on the ends. Loosen them by pushing on the buckle tab.