


# Helping You Wear it Right

## Wearing Your 3M™ VFlex™ Health Care Particulate Respirator and Surgical Mask 1804/1804S

### Application

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**1**

Place fingers from both hands on top side of nosepiece. Place both thumbs underneath side of nosepiece and bend slightly at center of nosepiece.
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**2**

Unfold the respirator by pulling top part (with nosepiece) up and bottom part down so the respirator is open all the way. Straps should be held on the top panel.
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**3**

Place respirator against your face with the bottom under your chin, and the nosepiece across the bridge of your nose. Hold the respirator on your face with one hand. With your other hand pull the bottom securely under your chin.
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**4**

Pull one strap over your head and position it around the neck below your ears.
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**5**

Pull second strap over your head and position it high on the back of your head.
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**6**

Tabs on side of respirator may be used to further adjust facepiece for comfort. Make certain hair, facial 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.
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**7**

Adjust by pulling bottom edge under chin while holding top edge on nose.
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**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 nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.**
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**9**

**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. Be careful not to disturb the position of the respirator. 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 *Can be performed using one or both hands*

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**1**


**One hand**


Without touching the respirator facepiece, slowly lift the bottom strap from around your neck up and over your head.
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**Two hand**
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**2**

**One hand**

Lift off the top strap. Do not touch the respirator.
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**Two hand**
- 

**3**

Store or discard according to your facility's infection control policy.

### #3MScienceOfSafety

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#### ⚠ WARNING

These respirators help protect against certain airborne particulates. Before use, the wearer must read and understand the User Instructions provided as a part of the product packaging. A written respiratory protection program must be implemented meeting all the requirements of AS/NZS1715:2012 including training, fit testing and medical evaluation. Misuse may result in sickness or death. For proper use, see package instructions, supervisor, or call 3M TechAssist Helpline on 1800 024 464 in Australia, 0800 252 627 in New Zealand.