

# The Importance of Fit

## 3M™ Full Face Respirator 6000 Series

Respiratory Protection is only effective if it is correctly selected, fitted and worn throughout the time when the wearer is exposed to respiratory contaminants. Before assigning any respirator to be worn in a contaminated area, it is recommended to perform a face fit check before entering the workplace.

**These fitting instructions must be followed each time the respirator is worn.**



**Be Clean Shaven: Do not use with beards or other facial hair that prevent a good seal between the face and the face seal of the respirator.**



**1.**

Fully loosen all head straps.



**2.**

Pull the face respirator down over the head placing the nose and chin in the nose cup/chin area. Then press the facepiece firmly and evenly against the face. Pull head harness to back of head.



**3.**

Tighten the two bottom straps and then the top straps. Recheck all straps to ensure that they are tight and evenly tensioned so that the head harness is centred on the back of your head.

### Positive Pressure Face Fit Check



**4.**

Place the palm of your hand over the exhalation valvecover and exhale gently. If the facepiece bulges slightly and no air leaks are detected between the face and the facepiece, a proper seal has been obtained.

### Negative Pressure Face Fit Check



**5a.**

**With cartridges:**  
Place the palms of your hands over the cartridge to restrict air flow. Inhale gently. The facepiece should collapse slightly.



**5b.**

**With Particulate Filters – Disc Style:**  
Place your thumbs onto the centre portion of the filters to restrict the air flow. Inhale gently. The facepiece should collapse slightly.



**5c.**

**With Solid-top Particulate Filters:**  
Squeeze filter covers together using the palms of your hands and fingers to restrict airflow. Inhale gently. The facepiece should collapse slightly.

**If air leaks between the face and the faceseal of the respirator, reposition it and adjust the straps for a tighter seal. Repeat steps 4 and 5. If you cannot achieve a proper fit, DO NOT enter the hazardous area. Consult your supervisor.**

**Warning:** Respirators must not be used until your employer has determined whether usage will be in accordance with manufacturer's instructions. The wearer must be trained in the proper fitting and use of this product. Failure to follow all instructions and warnings on the use of this product and/or failure to wear this respirator during all times of exposure can reduce respirator effectiveness and result in illness or death. All respirators should be used in accordance with Australian Standard AS/NZS 1715. It is recommended that fit testing be conducted before assigning a respirator to an individual. If you cannot achieve a proper fit, do not enter contaminated areas. Do not use with beards or other facial hair or conditions that prevent a good seal between the face and the sealing surface of the respirator.