

How to Put on a Disposable Mask

1. Position mask in your hand with the nose piece in your palm.
2. Cup the mask in your hand allowing the elastic bands to hang below your hand. Place mask against your face, with the bottom under chin and metal nosepiece across bridge of nose.
3. The top elastic band goes over and rests at the top back of your head. The bottom band is positioned around the neck and below the ears. Do not crisscross the bands.
4. Place your fingertips from both hands at the top of the metal nose clip (if present). Using two hands slide fingertips down both sides of the mask to seal it against your nose and face to make a seal.
5. Place both hands over the mask, take a quick breath in to check whether the mask seals tightly to the face.
6. Place both hands completely over the mask and exhale. If you feel leakage, there is not a proper seal.
7. Remove the mask by pulling the bottom band over the back of your head, followed by the top band, without touching the mask.
8. DO NOT TOUCH the front of the mask because it may be contaminated!
9. If soiled or damaged discard in waste container.
WASH or SANITIZE YOUR HANDS IF POSSIBLE



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 9

Center for Disease Control (CDC), How to Properly Put on and Take off a Disposable Mask <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>
3M, Wear it Right: Putting on Your Mask <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>

March 23, 2020

Worker Guidance

This information can change at any time. All paper copies are uncontrolled documents.



Particulate Respirator N95

User Instructions 8210Plus/8210PlusMX/ 8210/8210MX/07048/8110S



WARNING

This respirator helps protect against certain particles. **Misuse may result in sickness or death.** For correct use, consult supervisor and these *User Instructions*, or call 3M in U.S.A., 1-800-247-3941. In Canada, call Technical Service at 1-800-267-4414. In Mexico, call 01-800-712-0646.

IMPORTANT

Before use, wearer must read and understand these *User Instructions*. Keep these instructions for reference.

Use For

Particles such as those from grinding, sanding, sweeping, sawing, bagging, or processing minerals, coal, iron ore, flour, metal, wood, pollen, and certain other substances. Liquid or non-oil based particles from sprays that do not also emit oil aerosols or vapors. Follow all applicable local regulations. For additional information on 3M use recommendations for this class of respirator please consult the 3M Respirator Selection Guide found on the Personal Safety web site at www.3M.com/respiratorselector or call 1-800-243-4630 in U.S.A. In Canada, call 1-800 267-4414.

Do Not Use For

Do not use for gases and vapors, oil aerosols, asbestos, or sandblasting; particulate concentrations that exceed either 10 times the occupational exposure limit or applicable government regulations, whichever is lower. In the United States, do not use when the U.S. Occupational Safety and Health Administration (OSHA) substance specific standards, such as those for arsenic, cadmium, lead in the construction industry, or 4,4'-methylene dianiline (MDA), specify other types of respiratory protection. This respirator does not supply oxygen.

Biological Particles

This respirator can help reduce inhalation exposures to certain airborne biological particles (e.g. mold, *Bacillus anthracis*, *Mycobacterium tuberculosis*, etc.) but cannot eliminate the risk of contracting infection, illness or disease. OSHA and other government agencies have not established safe exposure limits for these contaminants.

Use Instructions

1. Failure to follow all instructions and limitations on the use of this respirator and/or failure to wear this respirator during all times of exposure can reduce respirator effectiveness and **may result in sickness or death.**
2. In the U.S., before occupational use of this respirator, a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134, such as training, fit testing, medical evaluation, and applicable OSHA substance specific standards. In Canada, CSA standard Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. Follow all applicable local regulations.
3. The particles which can be dangerous to your health include those so small that you cannot see them.
4. Leave the contaminated area immediately and contact supervisor if dizziness, irritation, or other distress occurs.
5. Store the respirator away from contaminated areas when not in use.
6. Inspect respirator before each use to ensure that it is in good operating condition. Examine all the respirator parts for signs of damage including the two headbands, attachment points, nose foam, and noseclip. The respirator should be disposed of immediately upon observation of damaged or missing parts. Filtering facepieces are to be inspected prior to each use to assure there are no holes in the breathing zone other than the punctures around staples and no damage has occurred. Enlarged holes resulting from ripped or torn filter material around staple punctures are considered damage. Immediately replace respirator if damaged. Staple perforations do not affect NIOSH approval (For 8110S only).
7. Conduct a user seal check before each use as specified in the Fitting Instructions section. **If you cannot achieve a proper seal, do not use the respirator.**
8. Dispose of used product in accordance with applicable regulations.

Use Limitations

1. This respirator does not supply oxygen. Do not use in atmospheres containing less than 19.5% oxygen.
2. Do not use when concentrations of contaminants are immediately dangerous to life and health, are unknown or when concentrations exceed 10 times the permissible exposure limit (PEL) or according to specific OSHA standards or applicable government regulations, whichever is lower.
3. Do not alter, wash, abuse or misuse this respirator.
4. Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the sealing surface of the respirator.
5. Respirators can help protect your lungs against certain airborne contaminants. They will not prevent entry through other routes such as the skin, which would require additional personal protective equipment (PPE).
6. This respirator is designed for occupational/professional use by adults who are properly trained in its use and limitations. This respirator is not designed to be used by children.

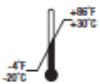
- Individuals with a compromised respiratory system, such as asthma or emphysema, should consult a physician and must complete a medical evaluation prior to use.
- When stored in accordance with temperature and humidity conditions specified below, the product may be used until the “use by” date specified on the packaging.

Storage Conditions and Shelf Life

Before use, store respirators in the original packaging away from contaminated areas, dust, sunlight, extreme temperatures, excessive moisture and damaging chemicals. When stored in accordance with temperature and humidity conditions specified below, the product may be used until the “use by” date specified on packaging. Always inspect product and conduct a user seal check before use as specified in the *User Instructions*. **If you cannot achieve a proper seal, do not use the respirator.**



End of Shelf Life
Use respirators before the “use by” date specified on packaging



Storage Temperature Range
-20°C (-4°F) to +30°C (+86°F).



Storage Maximum Relative Humidity
<80% RH

Time Use Limitation

If respirator becomes damaged, soiled or breathing becomes difficult, leave the contaminated area immediately and replace the respirator.

Fitting Instructions

Must be followed each time respirator is worn.

- Prestretch top and bottom straps before placing respirator on the face (8210/8210MX only) (Fig. 1).
- Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand (Fig. 2).
- Position the respirator under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears (Fig. 3).
- Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece (Fig. 4).
 ▲ Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.
- Perform a User Seal Check prior to each wearing. To check the respirator-to-face seal, place both hands completely over the respirator and exhale sharply. Be careful not to disturb the position of the respirator. If air leaks around nose, readjust the nosepiece as described in step 4. If air leaks at the respirator edges, work the straps back along the sides of your head (Fig. 5). **If you CANNOT achieve a proper seal, DO NOT enter the contaminated area. See your supervisor.**

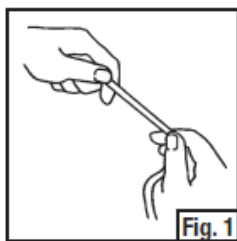


Fig. 1

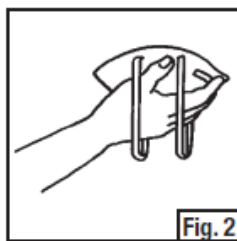


Fig. 2



Fig. 3



Fig. 4

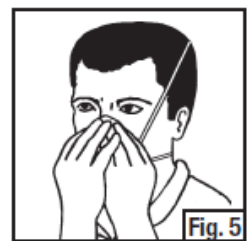


Fig. 5

Removal Instructions

See step 3 of *Fitting Instructions* and cup respirator in hand to maintain position on face. Pull bottom strap over head. Still holding respirator in position, pull top strap over head and remove respirator.

This respirator contains no components made from natural rubber latex.

NIOSH Approved: N95

At least 95% filtration efficiency against solid and liquid aerosols that do not contain oil.



3M
 St. Paul, Minnesota, USA
 1-800-243-4630
 8210 Series Respirators



THESE RESPIRATORS ARE APPROVED ONLY IN THE FOLLOWING CONFIGURATIONS:

		RESPIRATOR COMPONENTS						
		FILTERING FACEPIECE						
TC-	PROTECTION ¹	8210	8210 PLUS	8110S	7048	8210MX	8210 PLUS MX	CAUTIONS AND LIMITATIONS ²
84A-0007	N95	X	X	X	X			ABCJMNOP
84A-7762	N95					X		ABCJMNOP
84A-7835	N95						X	ABCJMNOP

1. PROTECTION

N95 - Particulate Filter (95% filter efficiency level) effective against particulate aerosols free of oil; time use restrictions may apply.

2. CAUTIONS AND LIMITATIONS

- A - Not for use in atmospheres containing less than 10.5 percent oxygen.
- B - Not for use in atmospheres immediately dangerous to life or health.
- C - Do not exceed maximum use concentrations established by regulatory standards.
- J - Failure to properly use and maintain this product could result in injury or death.
- M - All approved respirators shall be selected, fitted, used and maintained in accordance with MSHA, OSHA and other applicable regulations.
- N - never substitute, modify, add, or omit parts. Use only exact replacement parts in the configuration as specified by the manufacturer.
- O - Refer to User's Instructions, and / or maintenance manuals for information on use and maintenance of these respirators.
- P - NIOSH does not evaluate respirators for use as surgical masks.

Rev. F: 07-07-17

FOR MORE INFORMATION

In United States, contact:

Website: www.3m.com/workersafety

Technical Assistance: 1-800-243-4630

For other 3M products:

1-800-3M-HELPS or 1-651-737-6501