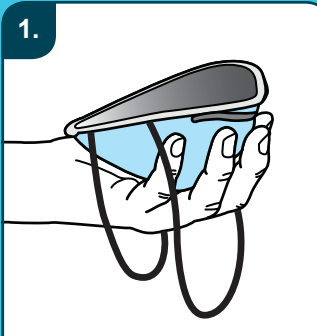


Part 1 Correctly fitting (donning) Respiratory Protective Equipment



1. Cup the respirator in one hand with the straps hanging downwards. Check the respirator for any damage. If it is defective, **do not use it** and dispose of it immediately.



2. Hold the respirator in place on your face. Make sure the nose piece is facing up.



3. Pull the bottom strap over your head and position it at the bottom of your neck, below the ears. Do the same with the top strap, positioning it at the crown of the head above the ears.



4. Tighten the straps as desired, and mould the metal nose strip with your fingertips to ensure a secure seal around your face.



5. To ensure that the mask has no leakage, cup your hands over the filter material and breathe in. If the respirator sucks down hard onto the face, the seal is secure.

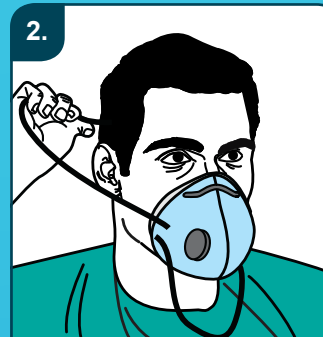


6. Continue to breathe in and out sharply. If the respirator is fitted correctly, you should not feel any leaks around its edges.

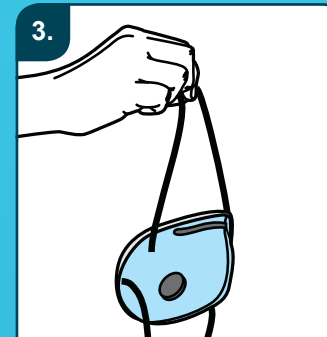
Part 2 Correctly removing (doffing) Respiratory Protective Equipment



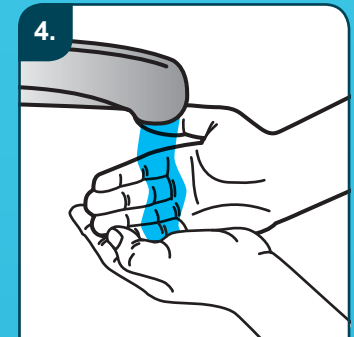
1. **Do not** under any circumstances touch the front of the respirator as it may be contaminated.



2. To remove, pull the bottom strap over your head, followed by the top strap. Hold onto the top strap, using this to pull the respirator away from your face.



3. Carrying the respirator by the top strap, discard it into a waste container as soon as possible.



4. Make sure to wash your hands thoroughly before touching any other surfaces or objects.