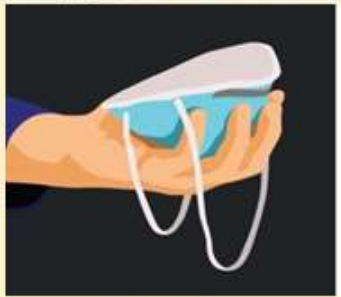


Putting on a mask with head straps

Inspect the mask. Before putting on a mask, first inspect it for damage. Do not use a mask that appears damaged.



1. **Wash your hands** or use hand sanitizer before putting on your mask.



2. **Position the mask in your hand with the nose pieces at your fingertips.** (Most masks designed to seal to the face have a thin metal or plastic bar at the top of the device)



3. **Cup the mask in your hand** allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



4. **The top strap (on single or double strap respirators) goes over and rests at the back of your head near the crown.** The bottom strap is then positioned around the neck and below the ears. Do not crisscross the straps.



5. **Place your fingertips from both hands at the top of the nose clip. Slide down both sides of the strip to mold the nose area to the shape of your nose.**

Check the Seal. Check the seal of the mask to the face. Place both hands over the mask, take a quick breath in to check the seal. Breathe out. If you feel a leak when breathing in or breathing out, there is not a proper seal.