



## **Fitting Guidance for 3M Filtering Facepiece (FFP) Respirators**

8th April 2020,

Version 1

Dear Valued FFP User,

With increased media coverage of healthcare professionals caring for and treating patients with Covid-19 infection, on occasions 3M has observed its Respiratory Protective Equipment (RPE), namely Filtering Facepiece (FFP) Respirators, not being worn as shown in the provided User Instructions. We recognise the extreme pressures that healthcare professionals are currently working under, however, to ensure optimum product performance, quality and comfort of fit, it is essential that Fitting Instructions are followed on every occasion that RPE is worn.

To help you best manage and use FFP respirators, we are sharing the Fitting Instructions for our core range of FFP products. Instructions have been developed to be easy to understand and are provided in poster and video formats.

All Fitting Instructions as well as information surrounding Face Fit Testing can be found via the following [link](#). However, for ease of access below are the direct links to Fitting Instructions for core 3M RPE:

### **FFP Fitting Posters**

[3M™ Aura™ 9300+ Series Disposable Respirators Fitting Poster](#)

[3M™ Aura™ 1800+ Series Disposable Respirators Fitting Poster](#)

[3M™ Particulate Respirator 8825+ & 8835+ / 3M™ Particulate Respirator 1895V+ Fitting Poster](#)

[3M™ 8300 Series Disposable Respirators \(Including 8833\) Fitting Poster](#)

### **FFP Fitting Videos**

[3M™ Aura™ 9300+ Series Disposable Respirators / 3M™ Aura™ 1800+ Series Disposable Respirators Fitting Video](#)

[3M™ Particulate Respirator 8825+ & 8835+ / 3M™ Particulate Respirator 1895V+ Fitting Video](#)

[3M™ 8300 Series Disposable Respirators \(Including 8833\) Fitting Video](#)

Each individual model of respirator above has different Fitting Instructions, so it is important to review the steps for the specific respirator you wear in conjunction with your COVID-19 guidance on putting on and removal of Personal Protective Equipment.

### **The following points apply to all products in the 3M FFP range:**

- Read and follow the respirator User Instructions.
- Prior to use, inspect the respirator to ensure it is not dirty or damaged, and that the headbands, nose foam and all other components are in good condition.

- Observe the Fitting Instructions. Take note that the upper strap should be positioned on the crown of the head and the lower strap below the ears. If the FFP has a nose clip, mould it to the shape of the nose to ensure a close fit and good seal. Use two fingers from each hand to form the nose clip around the nose starting at the bridge of the nose and working down either side. DO NOT PINCH the nose clip between finger and thumb as this may not form a good seal.
- Perform a user seal check as per the Fitting and User Instructions immediately after putting on the respirator and do not use a respirator for which you cannot successfully complete a user seal check.
- FFP respirators should not be used with beards or other facial hair that may inhibit contact between the face and the product, thus preventing a good seal. Wearers should be clean shaven in the area of the face seal when the product is worn and during Face Fit Testing.
- A Face Fit Test is required for each separate FFP respirator model which is to be used.
- Factors that can negatively impact the fit of FFP include a creased face seal; straps either being too loose or too tight; other items of PPE; wearing make-up and/or jewellery; and facial hair.

In these challenging times, if you have further questions please do not hesitate to contact your primary 3M representative.

Yours sincerely,

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