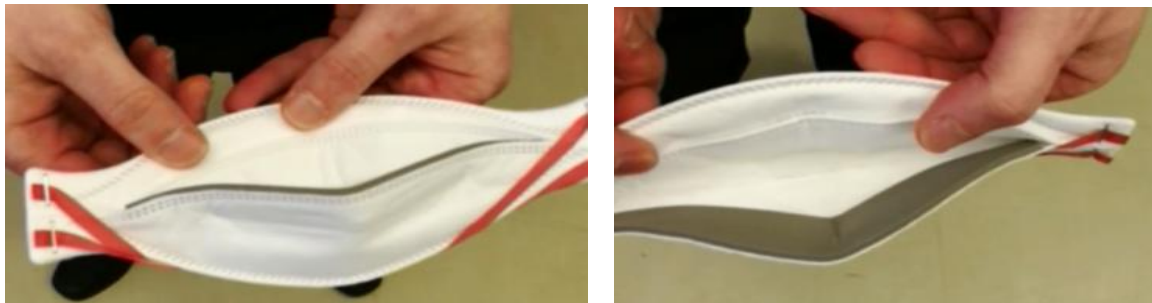


FFP3 - Additional Fitting Guidance for the 3M 1863 Mask

Note - this guidance was developed through experiential learning and only relates to the 3M 1863 mask

1. Preform the nose piece by finding the centre and creating a slight bend



2. Separate out the 3 pleats by using the thumb of one hand at the bottom and the top of the mask with the other hand and pull open

3. Place into your chin and pull the straps over your head



4. Cross the straps, bottom one to crown of head, top one to back of neck. If you were not instructed to cross the straps as part of your fit test, do not cross the straps.



5. Form the nose piece with both fingers, pressing hard into the tip of the nose, down the sides of the nose and then out onto the cheek bones, repeat a couple of times



6. Check the fit of the mask and do a check fit by exhaling sharply

