

# 3M™ 8300 Series Comfort Respirators Fitting instructions



## 3M™ 8300 Series Comfort Respirators

Respirator	Respirator	APF	Valve
8310	FFP1 NR D	4	
8312	FFP1 NR D	4	✓
8320	FFP2 NR D	10	
8322	FFP2 NR D	10	✓
8833	FFP3 R D	20	✓

Standard: EN 149:2001 + A1:2009

This respirator should not be used in oxygen deficient environments, for escape purposes or by people with beards/facial hair or in atmospheres where concentrations of contaminant may exceed that deemed Immediately Dangerous to Life and Health (IDLH).

**Health & Safety Helpline**

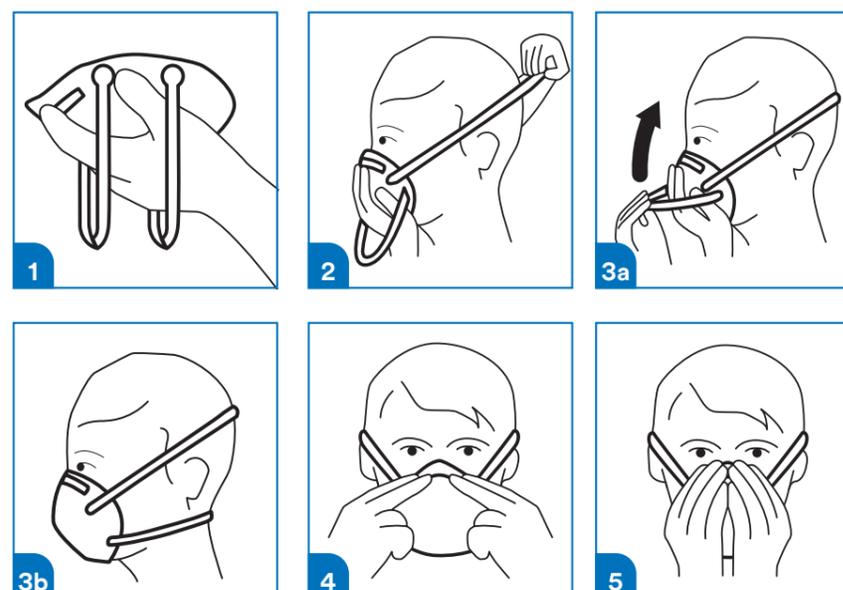
Monday – Friday 9pm to 5pm  
**0870 60 800 60 UK**  
**1 800 320 500 IRELAND**

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[www.3M.co.uk/safety](http://www.3M.co.uk/safety)  
[personalsafety.helpline@mmm.com](mailto:personalsafety.helpline@mmm.com)

## Fitting instructions

- Cup the respirator in your hand with the nosepiece at your fingertips allowing the headbands to hang freely below your hand.
- 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.
- a) Pull the bottom strap over your head and position it around the neck below the ears. b) Make sure that the straps are not twisted.
- Place the fingertips of both hands at the top of the metal nosepiece. Mould the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. Pinching the nosepiece using one hand may result in less effective respirator performance.
- The seal of the respirator on the face should be fit checked prior to wearing in the work area.



## Fit check procedure

For valved respirators:

- Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator.
- Inhale sharply. A negative pressure should be felt inside the respirator. If air leaks around the nose, readjust the noseclip as described in step 4 to eliminate leakage. Repeat the above fit check. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Retest the seal. Repeat the procedure until the respirator fits properly.



For unvalved respirators:

- Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator.
- Exhale sharply. A positive pressure should be felt inside the respirator. If air leaks around the nose, readjust the noseclip as described in step 4 to eliminate leakage. Repeat the above fit check. If air leaks at the respirator edges, work the straps back along the sides of the head to eliminate leakage. Retest the seal. Repeat the procedure until the respirator fits properly.



If you cannot achieve a proper fit, do not enter the contaminated area. See your supervisor.

**Note:** Do not use with beards or other facial hair that may inhibit contact between the face and the edge of the respirator.

### Occupational Health & Environmental Safety Group

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**Fit testing:** The 3M™ 8300 Series Respirator is a tight fitting facepiece and therefore wearers require a fit test as per the COSHH regulations 2002. For qualitative testing - 3M™ FT10 and 3M™ FT30 Fit Test Kits are available.

