



## Fitting Instructions for Pleats Plus Filtering Facepiece Respirators



Winnipeg Regional  
Health Authority

Office régional de la  
santé de Winnipeg

Caring for Health

À l'écoute de notre santé

### STEP 1



- Inspect respirator ensuring it is not damaged, crushed, wet or soiled in any manner
- Open respirator and push out the pleats
- Make sure all pleats are expanded; this is your breathing space

### STEP 2 (A)



- Hold the respirator like a basket with the AO Safety logo facing away from you
- Place **chin in respirator and pull BOTH straps over your head**

### STEP 2 (B)



- Feel for the bottom strap and place it around your neck
- Feel for the top strap and place it at the crown of your head

### STEP 3



- Check the respirator ensuring tabs (seam edges at sides of respirator) are out and respirator hasn't "folded" under your chin
- Then using your fingertips from both hands at the top of the nosepiece, mold the nose areas to the shape of your nose by pushing inward.

### STEP 4



- Perform a **User Seal Check** prior to each wearing.
- To check fit, cup both hands over respirator and exhale forcefully.
- If air flows around nose, tighten nosepiece. If air leaks at respirator edges, readjust straps back along the side of the head.
- **If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor**



# SAFE HEALTH CARE

