



# Maintenance Free Particulate Disposable Respirators

## Awareness Training

*N.B. All information is presented as accurate and in good faith at the time of writing. 3M cannot be held responsible for any issues relating to changes to information occurring after the date of publish.*



# Maintenance Free Particulate Disposable Respirators

- What is the hazard I am working with?
- How can the hazard affect me?
- How can 3M help?
- Which 3M respirator(s) do I use for each job?
- How do I fit my 3M respirator?
- How long does my 3M respirator last?



# What is the hazard I am working with?

- Dusts



- Mists



- Or metal fumes



The level of hazard depends upon the particle

- Size
- Concentration
- Type

It is sometimes very difficult to see some particles as they are so small.



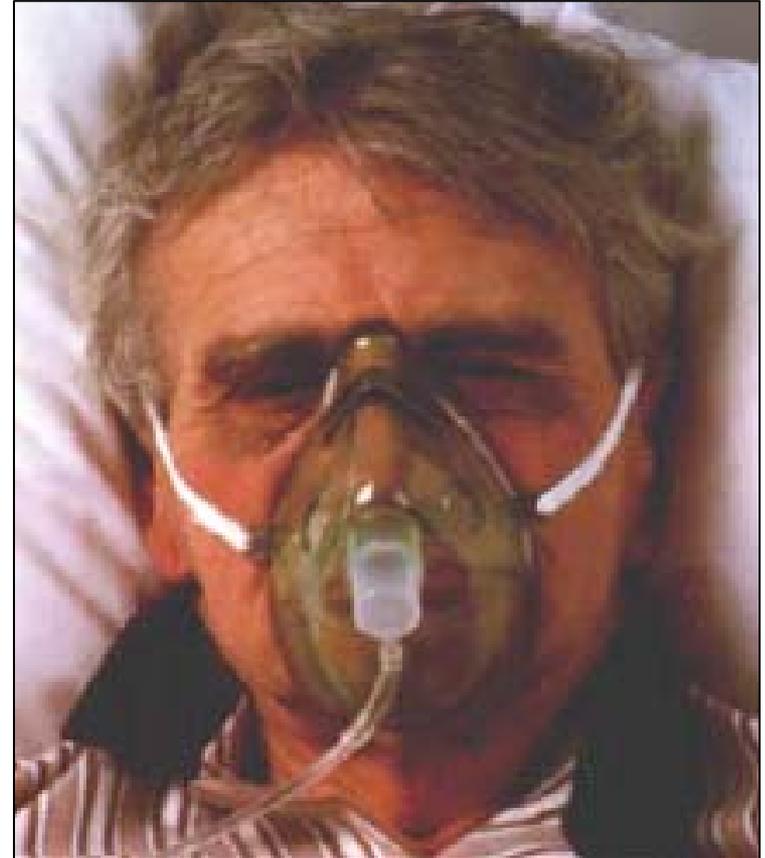
# How can the hazards affect me?

The effects of exposure to some dusts can be:-

**Acute** - (the effects appear after a short period of time e.g. coughing)  
or

**Chronic** - (the effects appear over a prolonged space of time)

Both types can cause **permanent health effects** such as breathing difficulties and respiratory diseases e.g. **occupational asthma**.



**3M**

We suggest that the following 3M respirators may be suitable to protect you from particulate hazards while you work:-

**FFP1**

**3M 9312**



**3M 9310**



**FFP2**

**3M 9322**



**3M 9320**



**FFP3**

**3M 9332**



**3M 8835**



**FFP2  
Welding**

**3M 9922**



**3M 9928**



# How can 3M help?

The 3M respirators suggested offer increasing levels of protection against the hazard. The protection level is indicated by the colour of the respirator strap.

The most suitable respirator to wear depends on the level of hazard that you are working in.



Some of the 3M respirators suggested also feature a **3M Cool Flow Valve**.

This valve allows you to exhale more easily and reduces heat build-up inside the respirator.



# Which 3M respirator(s) do I use for each job?

Activity			Colour of 3M Respirator Straps
Groundwork Demolition	Plastering Tiling		Yellow
Groundwork Tiling Scabbling	Woodworking Loft insulation Cement/Concrete dust	Plastering Demolition	Blue
Groundwork Woodworking Loft insulation Masonry/Brick Dust	Demolition Plastering Shotcreting	Scabbling Tiling MDF/Wood dust	Red



# How do I fit my 3M respirator?

1. Refer to the appropriate datasheet for fitting instructions
2. Train your employees in how to don and doff their respirator
3. Ask your employees to demonstrate that they know how to fit their respirator properly
4. Before each shift employees should conduct a face fit check. Please note that a face fit test should also have been conducted.



**If your respirator doesn't fit properly, it can't protect you properly!  
Speak to your supervisor if yours doesn't fit you properly.**



# How long does my 3M respirator last?

The 3M respirators in this presentation are approved for use for a **SINGLE SHIFT** (this is normally considered as an 8 hour continuous shift). **They should not be used for longer than this.**

Some 3M respirators can be used for longer than a single shift, however these have passed additional clogging tests within the standard and have a cleanable face seal.

However, generally the life of your respirator will depend on the nature of the job, the conditions you are working in, how dirty it gets and other factors. Therefore, you may need to replace it sooner.

