

# **3M 8210*Plus*/8210/8110S**

Particulate Respirator

*User Instructions*

*(Keep these instructions for reference)*

This respirator contains no components made from natural rubber latex.



## **WARNING**

This respirator helps keep non-harmful dusts and certain particles out of your nose, mouth and lungs. **Misuse may adversely affect your health.** For proper use, see packaging, *User Instructions*, or call 3M in U.S.A. at 1-800-247-3941.

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## **IMPORTANT**

Read this *User Instruction* insert before using respirator.

### **General Information**

As one of the leading designers and manufacturers of respirators in the world, 3M provides products that address the needs of both workplace, regulated applications and do-it-yourself/homeowner, non-regulated applications. For workplace uses, employees may be exposed to known concentrations of harmful contaminants for part or all of the workday. In these situations, respirators are intended to help protect the wearer by reducing their exposure to airborne contaminants from a level that may be hazardous to one that is considered safe or acceptable according to government established levels. Employers must also comply with specific regulations and procedures for selecting, using, and maintaining proper respiratory protection in the workplace that are contained in standards issued by federal, state or government agencies such as OSHA. Do-it-yourself/homeowner uses of respirators are not similarly regulated and exposures are generally intermittent or for short periods of time, such as weekends. In addition, home users cannot easily determine exposure levels nor do they have ready access to the type of training, medical evaluation, and fit testing needed to be in compliance with workplace respirator standards. Under these conditions, respirators are intended to help keep nonharmful dusts and certain other particles out of your nose, mouth, and lungs and with some filters help eliminate annoying odors only. It is important to understand that no respirator will eliminate the inhalation of all particles nor will it eliminate the risk of disease, illness, or death.

### **Government Approval**

This 3M respirator is government approved by the National Institute for Occupational Safety & Health (NIOSH) as an N95 class respirator and is designed for workplace, regulated uses and applications. Many of these features make this product suitable for do-it-yourself/homeowner and non-regulated applications. NIOSH certification means the respirator has passed stringent government performance standards including filtration efficiency testing and provides at least 95% filtration efficiency against solid and liquid particles that do not contain oil. When choosing a respirator for your home improvement project or activity, consider looking for the NIOSH approval (e.g. N95, P95 or P100) to identify government-approved products.

This N95 respirator does not supply oxygen and will not filter gases, vapors or odors. It is designed to cover your nose and mouth and will help keep non-harmful dusts and certain other particles out of your nose, mouth and lungs, but will not eliminate the inhalation of all particles nor will it eliminate the risk of disease, illness or death. It is not intended for use by children nor by individuals with a medical condition that might prevent the use of a respirator, such as asthma, emphysema or a history of heart disease. If you have such a condition, consult your health care provider before use.

## Fitting and Wear Time

To be most effective, this N95 respirator must be worn at all times while you are exposed to non-harmful dusts and particles. If the respirator becomes difficult to breath through or is damaged, immediately go to a non-contaminated area and replace the respirator.

Beards, facial hair or anything else that prevents direct contact between the face and the edge of the respirator will reduce the effectiveness of this product. It is also important to understand that using this respirator will not prevent contaminants from entering your body through other routes such as the skin, which would require additional personal protective equipment such as gloves or other protective clothing.

Inspect the respirator prior to each use and if any defect is found, do not use. Check with your local authorities for proper disposal of used respirators.

## Use For

Non-harmful dusts and certain particles encountered during sanding projects (bare wood, non-lead painted\* surfaces, or drywall), sweeping, installation of fiberglass insulation; pollen and mold spores\*\* and non-harmful dusts encountered during outdoor activities such as: gardening, cutting firewood, raking, and mowing. Always use in well-ventilated areas.

\*If you scrape, sand, or remove old paint, you may release lead dust. Lead is toxic.

Contact the National Lead Information Hotline at 1-800-424-LEAD or log onto [www.epa.gov/lead](http://www.epa.gov/lead) to find out how to protect yourself and your family.

\*\*Mold growth can occur quickly indoors when moisture accumulates in your home as the result of a flood, plumbing leak, roof leak, etc. Inhaling or touching mold spores may lead to allergic reactions or other health effects in some individuals. If you suspect you have an indoor mold problem in your home, contact [www.epa.gov](http://www.epa.gov) for guidance. Depending on the extent of the problem, it may be necessary to hire a qualified mold remediation contractor. The EPA does recommend in “*Brief Guide to Mold, Moisture, and Your Home*” using safety equipment including an N95 rated respirator, safety goggles, and gloves to help minimize your exposure to mold if you attempt to clean-up a small (less than roughly a 3 ft. by 3 ft.) area yourself. Consult the EPA for additional guidance on how to clean-up small mold problems yourself.

## Do Not Use For

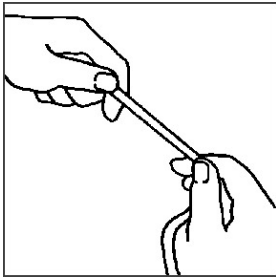
Any toxic or harmful substance such as lead and asbestos\*\*\*.

\*\*\*Many types of building products and insulation material previously used in homes contained asbestos. Asbestos is toxic. If you think asbestos may be in your home, DO NOT touch or disturb the material as this may cause asbestos fibers to be released into the air. Repair or removal of asbestos containing materials should only be done by a professional trained in methods for safely handling asbestos. Contact the EPA at [www.epa.gov](http://www.epa.gov) for guidance on what to do if you suspect asbestos in your home.

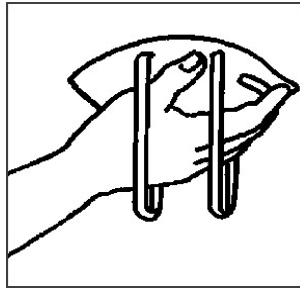
**This respirator does not supply oxygen and will not work for:** gases, vapors, odors, or oil particles. Do not use in spaces where there is not enough oxygen to support life or where a high concentration of a toxic substance can occur. This could exist in sealed and confined areas or as a result of activities or conditions that may displace oxygen in the space where you are working. Always ventilate the space you are working in with fresh air.

The following fitting instructions must be followed each time the respirator is worn:

## FITTING INSTRUCTIONS



**Fig. 1**



**Fig. 2**



**Fig. 3**



**Fig. 4**



**Fig. 5**

1. Prestretch top and bottom straps before placing respirator on the face (8210 only). (Fig. 1)
2. Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand. (Fig. 2)
3. 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. Pull the bottom strap over your head and position it around the neck below the ears. (Fig. 3)
4. Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. (Fig. 4)

## Checking the Fit

To help determine if you have put the respirator on properly, place both hands completely over the respirator and exhale. (Fig. 5) Be careful not to disturb the position of the respirator. If air leaks around nose, readjust the nosepiece as described in step 4. If air leaks at the respirator edges, work the straps back along the sides of your head.

**Because being able to achieve a good fit means more of the air you breathe goes through the respirator, we recommend you follow these steps each time you wear the respirator.**

## REMOVAL INSTRUCTIONS

See step 2 of Fitting Instructions and cup respirator in hand to maintain position on face. Pull bottom strap over head. Still holding respirator in position, pull top strap over head and remove respirator.

Should you have any questions on this 3M N95 respirator, call 3M in U.S.A. at 1-800-247-3941.

# **3M 8210*Plus*/8210/8110S**

Particulate Respirator

*User Instructions*

*(Keep these instructions for reference)*



## **WARNING**

This respirator helps protect against certain particles. **Misuse may result in sickness or death.** For proper use, see supervisor, or *User Instructions*, or call 3M in U.S.A., 1-800-247-3941. In Canada, call Technical Service at 1-800-267-4414.

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## **IMPORTANT**

Before use, the wearer must read and understand these *User Instructions*. Keep these instructions for reference.

### **Use For**

Particles such as those from grinding, sanding, sweeping, sawing, bagging, or processing minerals, coal, iron ore, flour, metal, wood, pollen, and certain other substances. Liquid or non-oil based particles from sprays that do not also emit oil aerosols or vapors. For additional information on 3M use recommendations for this class of respirator please consult the 3M Respirator Selection Guide found on the 3M OH&ESD web site at [www.3M.com/occsafety](http://www.3M.com/occsafety) or call 1-800-243-4630 in U.S.A.

### **Do Not Use For**

Gases and vapors, oil aerosols, asbestos, arsenic, cadmium, lead, 4,4'-methylene dianiline (MDA) or sandblasting; concentrations that exceed 10 times the PEL/OEL, specific OSHA standards, or applicable government regulations, whichever is lower. This respirator does not supply oxygen.

### **Biological Particles:**

This respirator can help reduce inhalation exposures to certain airborne biological particles (e.g. mold, *Bacillus anthracis*, *Mycobacterium tuberculosis*, etc.) but cannot eliminate the risk of contracting infection, illness or disease. OSHA and other government agencies have not established safe exposure limits for these contaminants.

### **Use Instructions**

1. Failure to follow all instructions and limitations on the use of this respirator and/or failure to wear this respirator during all times of exposure can reduce respirator effectiveness and may result in sickness or death.
2. Before occupational use of this respirator, a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134 such as training, fit testing, medical evaluation, and applicable OSHA substance specific standards. In Canada, CSA standard Z94.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate.
3. The particles which can be dangerous to your health include those so small that you cannot see them.
4. Leave the contaminated area immediately and contact supervisor if dizziness, irritation, or other distress occurs.
5. Store the respirator away from contaminated areas when not in use.
6. Filtering facepieces are to be inspected prior to each use to assure there are no holes in the breathing zone other than the punctures around staples and no damage has occurred. Enlarged holes resulting from ripped or torn filter material around staple punctures are considered damage. Immediately replace respirator if damaged. Staple perforations do not affect NIOSH approval. (For 8110S only)
7. Dispose of used product in accordance with applicable regulations.

## Use Limitations

1. This respirator does not supply oxygen. Do not use in atmospheres containing less than 19.5% oxygen.
2. Do not use when concentrations of contaminants are immediately dangerous to life and health, are unknown or when concentrations exceed 10 times the permissible exposure limit (PEL) or according to specific OSHA standards or applicable government regulations, whichever is lower.
3. Do not alter, abuse or misuse this respirator.
4. Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the sealing surface of the respirator.
5. Respirators can help protect your lungs against certain airborne contaminants, however, they will not prevent entry through other routes such as the skin, which would require additional personal protective equipment (PPE).
6. This respirator is designed for occupational/professional use by adults who are properly trained in their use and limitations. Respirators are not designed to be used by children.
7. Individuals with a compromised respiratory system, such as asthma or emphysema, should consult a physician and complete a medical evaluation prior to use.

## Time Use Limitation

If respirator becomes damaged, soiled, or breathing becomes difficult, leave the contaminated area immediately and replace the respirator.

## Fitting Instructions

Must be followed each time respirator is worn.

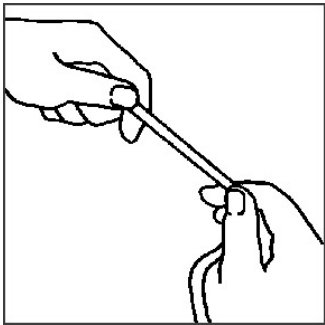


Fig. 1

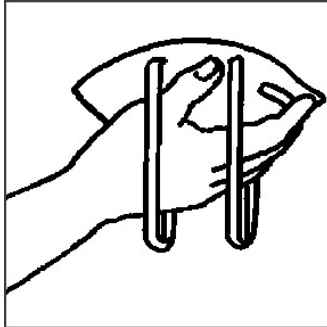


Fig. 2



Fig. 3



Fig. 4



Fig. 5



1. Prestretch top and bottom straps before placing respirator on the face (8210 only).
2. Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.
3. 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. Pull the bottom strap over your head and position it around the neck below the ears.
4. Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area 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 improper fit and less effective respirator performance. Use two hands.
5. Perform a User Seal Check prior to each wearing. To check the respirator-to-face seal, place both hands completely over the respirator and exhale. Be careful not to disturb the position of the respirator. If air leaks around nose, readjust the nosepiece as described in step 4. If air leaks at the respirator edges, work the straps back along the sides of your head. **If you CANNOT achieve a proper seal, DO NOT enter the contaminated area. See your supervisor.**

## Removal Instructions

See step 3 of *Fitting Instructions* and cup respirator in hand to maintain position on face. Pull bottom strap over head. Still holding respirator in position, pull top strap over head and remove respirator.

## NIOSH Approved: N95

**At least 95% filtration efficiency against solid and liquid aerosols that do not contain oil.**

		<b>3M</b> ST. PAUL, MN, USA 1-800-243-4630				
THIS RESPIRATOR IS APPROVED ONLY IN THE FOLLOWING CONFIGURATION:						
TC-	Protection <sup>1</sup>	Respirator				Cautions and Limitations <sup>2</sup>
84A-0007	N95	8210	8210 Plus	7048	8110S	ABCJMNOP
		X	X	X	X	

**1. PROTECTION**  
**N95 - Particulate Filter** (95% filter efficiency level) effective against particulate aerosols free of oil; time use restrictions may apply.

**2. CAUTIONS AND LIMITATIONS**  
 A - Not for use in atmospheres containing less than 19.5 percent oxygen.  
 B - Not for use in atmospheres immediately dangerous to life or health.  
 C - Do not exceed maximum use concentrations established by regulatory standards.  
 J - Failure to properly use and maintain this product could result in injury or death.  
 M - All approved respirators shall be selected, fitted, used, and maintained in accordance with MSHA, OSHA, and other applicable regulations.  
 N - Never substitute, modify, add, or omit parts. Use only exact replacement parts in the configuration as specified by the manufacturer.  
 O - Refer to users instructions, and/or maintenance manuals for information on use and maintenance of these respirators.  
 P - NIOSH does not evaluate respirators for use as surgical masks.

This respirator contains no components made from natural rubber latex.

## FOR MORE INFORMATION In United States, contact:

Internet

[www.3m.com/occsafety](http://www.3m.com/occsafety)



Technical Assistance  
1-800-243-4630

**For other 3M products:**

1-800-3M-HELPS or  
1-651-737-6501

**Exported by/Exporté par/Exportado por:**

**3M Occupational Health and  
Environmental Safety Division**

3M Center, Building 0235-02-W-70

St. Paul, MN 55144-1000

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