

# The 4-Step Method

## 1. Identify the Hazards

Application	Hazard	Typical Protection		
Painting, Spraying, Varnishing, Coating	Solvent-Based Paint**	A2P3 R		
	Anti-Fouling Paint Spraying / Grinding	A2P3 R		
	Water Soluble Paint	A1P2 R		
	Solvents, Resins, Synthetic Resins**	A2P3 R		
	Latex-Paint, Residual Solvents	A2P3 R		
	Wood Preservatives	A1P2 R		
Maintenance	Disinfection, Cleaning* ABEK1P2 R			
Decoration	Spray-On Glue, Foam, Varnish, Adhesive	A1P2 R		
Waste Removal	Bacteria, Spores, Odours	A1P2 R		
Agriculture	Pesticides, Insecticides	ABEK1P2 R		
Wood Treatment	Bonding, Spray-On Glue	A2P3 R		
Construction, Grinding, Cutting, Drilling	Tarring	A2P3 R		
	Sealing	A1P2 R		
	Spray Foam Insulation	A1P2 R		
Coating	Organic Solvent/with boiling point less than 65 C	AXP3 R		
	Ammonia Based Paint Remover	ABEK		
	Polyurethane Coating**	ABEK1P3 R		
	Solvent Based Varnish	A2		
	Water Based Varnish	A1		
Bonding	Solvent containing Adhesives	A1		
	Sulphur Dioxide	ABE		
Handling	Hydrochloric Acid	ABE		
	Liquid Manure	ABEK		
	Ammonia	К		
	Formaldehyde	A1 + Form		
	Hazardous goods storage/transport	ABEK1P3 R		

This guide is only an outline. It should not be used as the only means for selecting a respirator. Details regarding performance and limitations are set out on the respirator package and user instructions. Before using any of these respirators, the wearer must read and understand the user instructions for each product. Specific country legislation must be observed.

<sup>\*</sup> excluding Formaldehyde \*\* for occurance of Isocyanates, please contact the 3M Customer Helpline +44 (0) 870 60 800 60 or your local 3M office



White - Particulate Protection Brown - Organic Vapours Protection Grey - Inorganic Vapours Protection Yellow – Acid Gases Protection Green – Ammonia and its Derivatives



### 2. Assess the Risk

Application limits for reusable half and full face masks

Filter Classification	NPF* with 3M Half Mask	NPF* with 3M Full Face Mask		
P1	4 x OEL**	5 x OEL		
P2	10 x OEL	10 x OEL		
P3	50 x OEL	200*** x OEL		
Class 1 Gas and Vapour filters	10 x OEL or 1000ppm (whichever is lower)	200*** x OEL or 1000ppm (whichever is lower)		
Class 2 Gas and Vapour filters	10 x OEL or 5000ppm (whichever is lower)	200*** x OEL or 5000ppm (whichever is lower)		

AX-Filter for low boiling point (organic composition with a low boiling point under 65 °C). AX-Filter should only be fitted to 3M™ Full Face masks. AX filters may only be used for a single shift.

A1 and A2 Filter for organic vapour with a boiling point above 65 °C.

\* Country APF should be used where available.

\*\*OEL please use local exposure limit.

\*\*\*Not the NPF

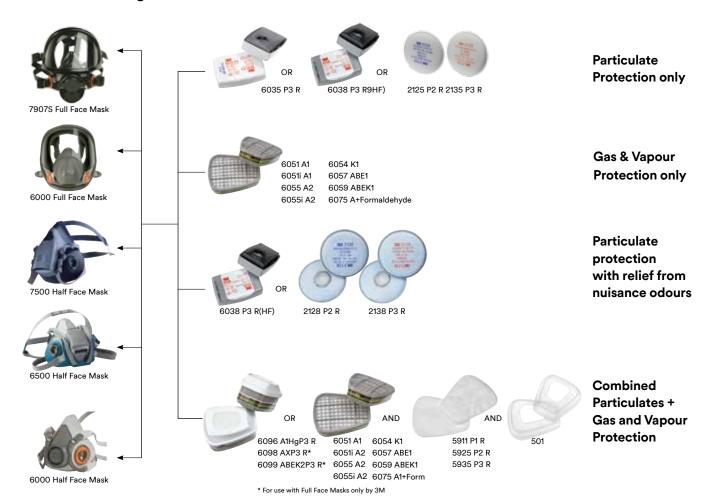
NPF = Nominal Protection Factor
OEL = Occupational Exposure Limit
ppm = parts per million

# 3.1 Select the Right Respirator

3M™ Reusable Respirator Series	4000	6000	6500	7500	6000	7907S
	Half Masks	Half Masks	Half Masks	Half Masks	Full Face Masks	Full Face Masks
Durable		•	•	•	•	•
Maintenance-free	•					
Ready to use	•					
Comfortable	•	•	•	•	•	•
Lightweight	•	•	•	•	•	•
Easy to fit	•	•	•	•	•	•
Adjustable head bands	•	•	•	•	•	•
Drop Down feature			● (QL)	•		
Easy-to-clean		•	•	•	•	•
Quick de-assembly for maintenance			•	•		
3M™ Cool Flow Valve			•	•	•	
Compatible with 3M Supplied Air System		•	•	•	•	•
Modular replacement filter system		•	•	•	•	•
Variety of filters	•	•	•	•	•	•
Eye Protection					•	•
Six-point head harness						•
Speaking diaphragm						•
Spare parts		•	•	•	•	•
Accessories	•	•	•	•	•	•
Multiple sizes available		•	•	•	•	
Colour coded sizes		•		•	•	



# 3.2 Select the Right Filter





Optional 3M<sup>™</sup> S-200+ Supplied Air System compatible with 3M<sup>™</sup> Reusable Respirator Series