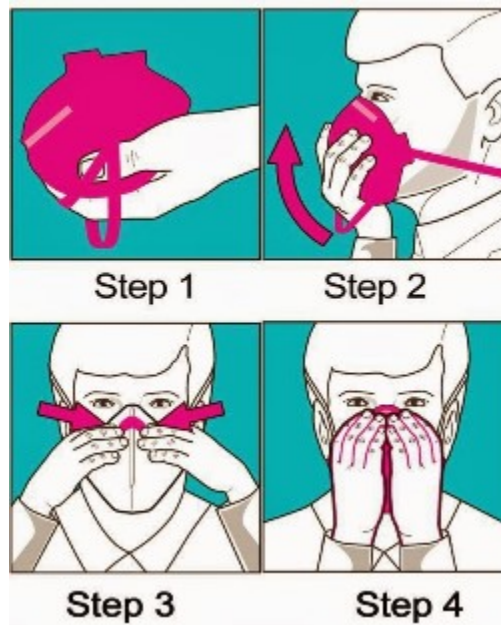




Environmental Health and Safety Department & Chemical Hygiene

N 95 Respirator Training: Wearing the Respirator & Seal Checking Procedures



Step 1: Hold the respirator in one hand, with the nose piece at the fingertips and let the head straps hang loosely in front of the respirator.

Step 2: Place respirator under the chin, with the nose piece up. While holding the respirator with one hand, pull the top strap over your head, resting it at the top back of your head.

Pull the bottom strap over your head and place it around your neck, below your ears.

Step 3: Using both hands, mold the nose piece to the shape of your nose by pushing inwards with your fingertips. Note: Pinching the molding piece with one hand will likely result in less effective respirator fit

Step 4: Seal Check: cover respirator completely with both hands and exhale sharply. If air blows on your face or eyes, readjust the respirator according to Step 3 and 4. Do not use respirator until you pass the seal-check (no leakage).

Step 5: To remove the respirator, hold the respirator with one gloved hand. With the other hand, pull the bottom strap over your head, and then pull the top strap off.

Inspection

Before wearing the N 95, verify all components of the respirators are complete and in good condition.

Effective use of N 95 Respirators

- Do not use the respirator with beards or other facial hair. This may interfere with the direct contact between your face and the sealing surface of the respirator;
- Conduct a seal-check every time you put the respirator on;
- Leave the work area immediately and remove the respirator when you experience breathing difficulty, irritation or when respirator is damaged.

Limitations of N 95

- N 95 respirators are one time use only
- N 95 only filter out particulate contaminants
- N 95 should not be used with
- Chemical vapors/gases
- Oxygen deficient atmosphere
- Asbestos handling
- Aerosol generating procedures