

Respiratory Protection Training Donning And Fit

How to Don an N-95

- Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hands.
- 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.
- Place your fingertips from both hands at the top of the metal nosepiece.
- Mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.

How to Don an N-95

- Pinching the nosepiece using one hand may cause a bad fit and result in less effective respirator performance.
USE BOTH HANDS!
- The seal of the respirator on the face should be fit checked prior to each wearing. To check fit, place both hands completely over the respirator and exhale. If air leaks at the nose, readjust the nosepiece. If air leaks at the edges, work the straps back along the sides of your head.
- Wear the mask for at least 5 minutes to insure its comfort.

Assessing Comfort

- Position on the nose
- Room for eye protection
- Room to talk
- Position of mask on face and cheeks

Adequacy of the Respirator Fit

- Chin properly placed
- Adequate strap tension, not overly tightened
- Fit across nose bridge
- Respirator of proper size to span distance from nose to chin
- Tendency of respirator to slip
- Self-observation in mirror to evaluate fit and respirator position
- Seat the mask on the face by moving your head around and taking a few deep breaths
- No hair growth between skin and face piece sealing surface (stubble, beard, side burns, etc.)