

# RESPIRATOR FITTING INSTRUCTION



## DONNING A N95 RESPIRATOR



### STEP 1

- Inspect the respirator before donning.
- Pre-stretch the straps (3M 8210 ONLY) before placing the respirator on your face.
- Cup the respirator in your hand, nosepiece at your fingertips.
- Allow the straps to hang freely below your hand.



### STEP 2

- Position the respirator under your chin, nosepiece up.



### STEP 3

- Pull the bottom strap over your head and position it on the neck below the ears.
- Pull the top strap over your head and rest it high at the top of your head.



### STEP 4

- 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 with one hand may result in improper fit and less effective performance.*

**Each time you don a (disposable) respirator you must do your own fit check to determine that the respirator is working properly. The steps below outline positive and negative pressure fit checks for various respirators.**

### POSITIVE PRESSURE FIT CHECK - PARTICULATE RESPIRATOR (TWO STRAPS)

- Place the palm of your hand over the front and exhale gently. If the face piece bulges slightly and no air leaks are detected between your face and the face piece, a proper fit has been obtained.
- If air leakage is detected, reposition the respirator on your face and/or readjust the tension of the elastic straps to eliminate the leakage.
- Repeat all of the above steps.

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## NEGATIVE PRESSURE FIT CHECK - PARTICULATE RESPIRATOR (TWO STRAPS)

- Do not disturb the position of the respirator (mask).
- Cover the front of the respirator completely with both hands. Inhale sharply.
- A negative pressure should be felt inside the respirator.
- If any leakage is detected, readjust the position of the respirator and/or tension of the straps and retest the seal.

*\*Never enter a contaminated area if you cannot fit check your respirator.*

## DOFFING A N95 RESPIRATOR



### STEP 1

- Do not touch the front of the respirator.
- First, tilt your head forward. Then, use two hands to grab the bottom strap, pull to the sides, then over your head.



### STEP 2

- Next, use both hands to grab the upper strap, pull to the sides, then over your head.
- Keep tension on the upper strap as you remove it, which will let the mask fall forward.



### STEP 3

- Dispose of the mask.

**Please carefully follow these fitting instructions during each use to achieve proper fit.**