

Using respirators

Check with your doctor whether you should use a respirator, and have a respirator fit-test if recommended.

Only wear a clean, undamaged respirator. Do not re-use disposable products. Always follow manufacturer's instructions.

Beards /facial hair interfere with the fit and protection, and are not compatible with most respirators.

How to put on a respirator

Wash your hands before putting on your respirator.

- 1 Place the mask over the nose and mouth with the nosepiece up.
- 2 Pull the top strap over your head and position it at the back of your head, with the strap above your ears.
- 3 Pull the bottom strap over your head and position it at the back of your neck, with the strap below your ears. Do not cross straps.
- 4 Shape the nose clip to the bridge of your nose.
- 5 Make sure the mask fits snugly around the face. Perform a seal check.

Perform a seal check each time

Seal checks do NOT replace fit testing.

- 1 Cup both hands over the front of the respirator to cover filter surface.
- 2 Positive pressure test - exhale gently. Positive pressure should build-up in the mask without leakage of air.
- 3 Negative pressure test – inhale gently. The facemask should collapse on your face with no air felt passing under it.
- 4 If air leaks around the mask, mold the nose clip again and reposition the straps. Repeat the seal check.

How to remove a respirator

The front of the mask or respirator may be contaminated – DO NOT TOUCH IT.

- 1 Grasp the mask ONLY by the straps. Pull the bottom strap at the back of your neck over your head, then pull off the top strap.
- 2 Dispose of the mask in a waste container.
- 3 Wash your hands or use alcohol based hand sanitizer immediately.

