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.