

N95 Respirator | Requirements & Usage

What is an N95 respirator?



Definition

A type of respirator that is approved by the National Institute for Occupational Safety and Health (NIOSH) and Food and Drug Administration (FDA), provides a high level of protection for both the wearer and others from viral spread. An N95 respirator has multiple layers with 95% filtration efficiency.

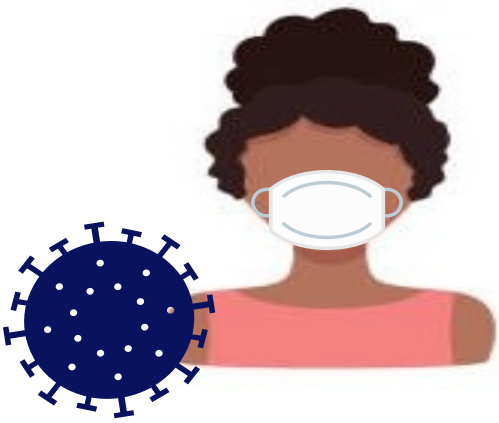


Disease Prevention

Respirators alone will not prevent disease transmission. However, some diseases may be transmitted via small aerosols that an N95 respirator can filter out. A respirator that is not worn properly will not provide protection.



Who can receive a N95 respirator?



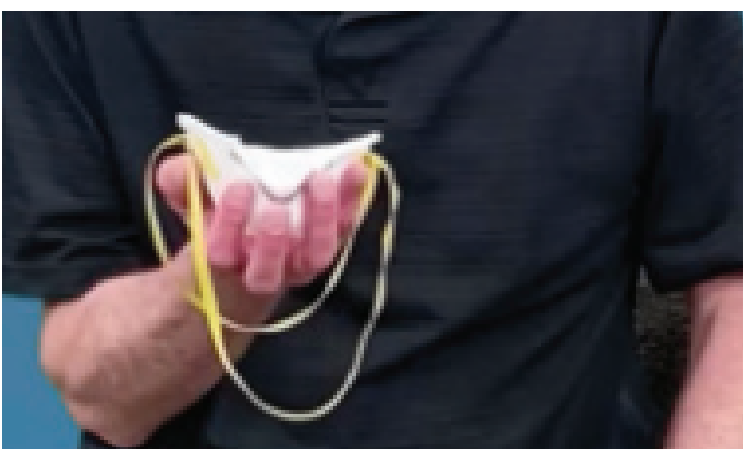
Any unvaccinated employee who requests one. Usage of N95 respirators are voluntary.

Any unvaccinated employee who works with others indoors or in a vehicle.

Any employee, regardless of vaccination status, in a location with a major outbreak.

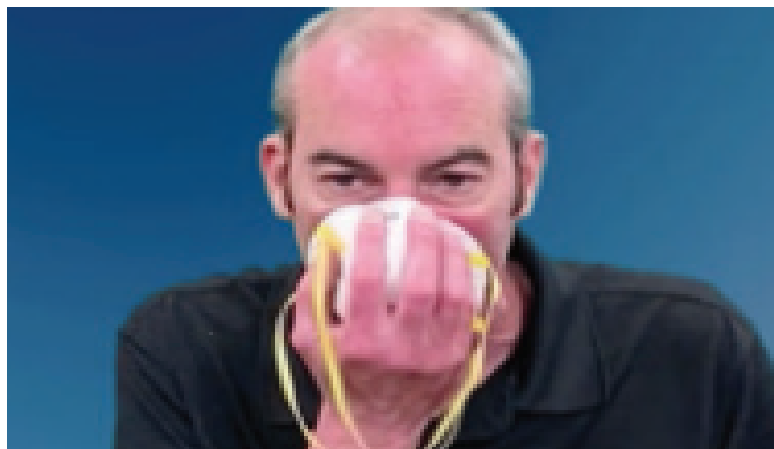
Steps to Correctly Wear a Respirator

1



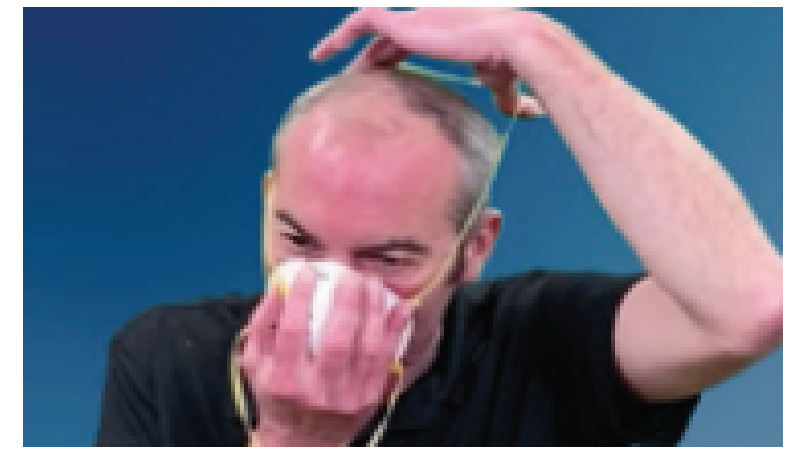
Cup the respirator in the hand, allowing the head straps to hang freely.

2



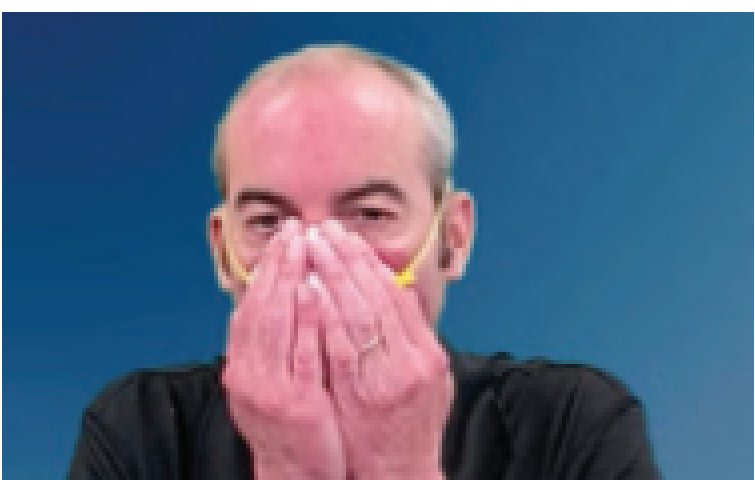
Hold the respirator under the chin with the nosepiece facing outwards. Place the lower head strap around the neck below the ears.

3



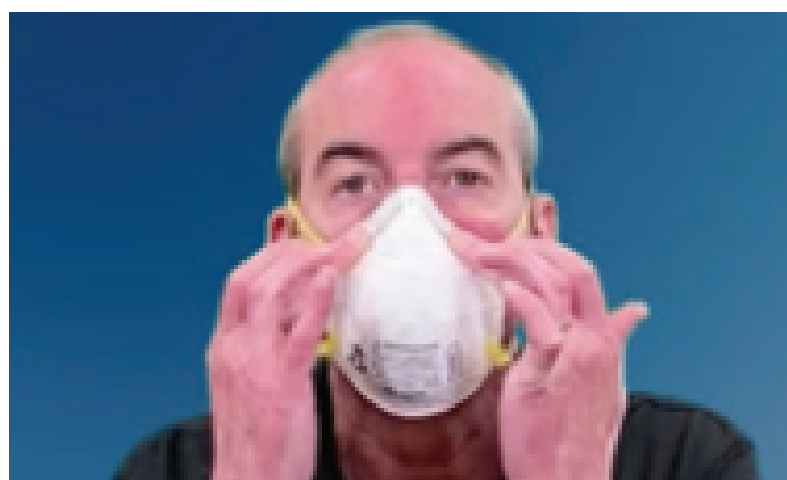
Holding the respirator against the face with one (1) hand, place the top head strap above the ears, around the crown of the head.

4



Place hands on each side of the respirator and move slightly right, left, up and down, to adjust the position of the respirator and achieve the most optimal fit on the face.

5



Place both index fingers on the nose clip. Apply pressure onto the nose clip forming the shape of the nose for best fit on face. Perform a **seal check**.

N95 Respirator Tips

Wash Hands

Always wash your hands before putting your respirator on and after you remove it.

Dispose of N95

Dispose of respirator at the end of each work day. Furthermore, dispose if it becomes contaminated with secretions or is visibly dirty or damaged.

Fit-Check/Seal Check

What is a Seal Check?

A user seal check is a procedure conducted by the respirator wearer to determine if the respirator is properly worn. The seal check should be done every time an N95 is worn.

Step 2 • Inhale Sharply

Inhale sharply (a negative pressure should be felt inside the respirator). The facepiece should collapse on your face and you should not feel air passing between your face and the facepiece.

Step 1 • Position N95

Place both hands over the respirator. Do not disturb the position of the respirator. Respirator should fit snug on face.

Step 3 • Test for Air Leaks

If you detect air-leaks, readjust the head straps and/or the nose clip. If air leaks out around the nose, a seal is not reached. Readjust the position on face, readjust the straps and try again until seal is reached.

N95 Respirator

✓ DO'S



Inspect Mask

Always visually inspect your respirator prior to putting it on. Always ensure there are no holes near the breathing area.



Respirator Strap Placement

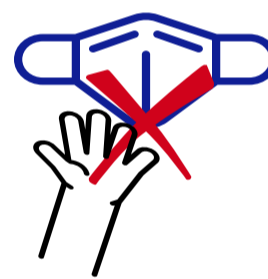
Place the top head strap above the ears, around the crown of the head. The bottom strap should be around the neck, touching skin.



Correct

✗ DON'TS

Important



Damaged Masks

Do not wear a damaged respirator (i.e., holes) or reuse a damaged respirator.



Respirator Strap Placement

Do not place bottom mask strap over hair. Strap should lay on neck under hair. Make sure the mask is tight and nose clip is above the nose, not below.



Incorrect



Facial Hair/Beards

Facial hair can impact the effectiveness of the face seal. If you have facial hair, please note that a seal check CANNOT be performed if:

- You have a beard;
- You have a goatee or moustache that extends past the seal of the N95; and
- You have more than one (1) day's hair growth on your face.

