

Disposable N95

FITTING INSTRUCTIONS

1. Please respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang.
2. 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. Next, pull the bottom strap over your head and position it around the neck below the ears.
3. Place your fingertips from both bands at the top of the metal nosepiece. Using the two index fingers, **MOLD** the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. **DO NOT PINCH THE MASK ON THE NOSE AREA – THIS WILL CREATE A GAP COMPROMISING THE SEAL OF THE RESPIRATOR.**

RESPIRATOR SEAL CHECK

- Place both hands completely over the respirator, being careful not to disturb the position, and exhale. If air leaks around your nose or the edges, you may need to mold the nosepiece better or adjust the straps back along the sides of your head.
- Perform the seal check again if an adjustment is made. If you cannot achieve a proper fit, do not enter the area requiring respirator use.



POSITIVE PRESSURE FIT CHECK



REMOVAL INSTRUCTIONS

1. Clean/disinfect hands and don gloves.
2. Hold the respirator in place, slowly lift the bottom strap from around your neck up and over your head.
3. Lift the strap on top of your head and move the respirator away from your face.



4. Remove gloves, and wash /disinfect your hands.
5. Store your respirator in a safe bag.
6. Dispose of your disposable N95 after three days or if it is soiled or damaged.
7. Cribmaster allows **ONE MASK EVERY THREE DAYS** for a disposable mask.



Reminder:

An ANNUAL fit test is required to remain in compliance.

N95'S Limitations:

- N95's do NOT provide oxygen.
- Please do NOT use it in an oxygen-deficient atmosphere.
- N95's do NOT protect against chemical hazards (e.g., cleaning solvents, chemical vapors, etc.)
- N95'S should be disposed of if wet or damaged.
- N95's are a single-user item- do NOT share!

Contact Safety if you have any questions:
Fit Testing Center 410-328-5000
1Call 410-328-5174 (Ask for Safety)
SafetyUMMC@umm.edu