



DISPOSABLE RESPIRATORS

Today's Date: _____

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

The facepiece of your disposable respirator acts as a filter, covering your mouth and nose to protect you from breathing in contaminants. To protect you, the facepiece must seal with your face. The following are basic instructions for putting on and seal checking your respirator. Always follow the manufacturer's recommendations.

How to Put on a Respirator

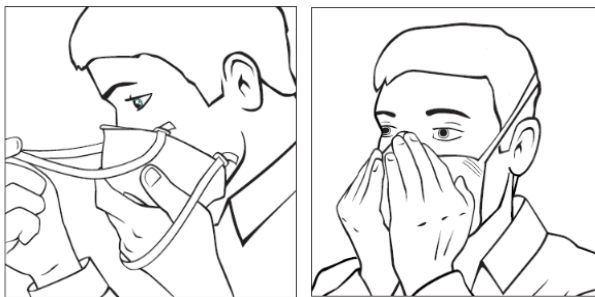
- Hold the respirator in your hand with the nosepiece at your fingertips and the straps hanging freely.
- Place the bottom edge of the respirator under your chin with the nosepiece up.
- Position the top strap high at the back of your head and the other strap around your neck below your ears.
- Using the fingertips of both hands, mold the nosepiece to the shape of your nose by squeezing it gently down the sides of the nosepiece.

Perform a Seal Check

- The users face should be clean shaven.
- Cover the facepiece completely with your hands.
- If there is a valve, block it off by covering it with the palm of your hand.
- Breathe in and out, taking care not to move the respirator out of position. If you have a good seal, the respirator should collapse slightly on your face when you inhale. When you exhale, you should feel no air escaping.
- **If you are unable to get a good seal, DO NOT enter the contaminated area. Inform your supervisor.**

Reusing a Disposable Respirator*

In the event extended use or reuse of N95 Filtering Facepiece Respirators becomes necessary, the same worker is permitted to extend use of or reuse the respirator, as long as the respirator maintains its structural and functional integrity and the filter material is not physically damaged, soiled, or contaminated (e.g., with blood, oil, paint).



Attended By: _____

*Reuse of N95 FFR is allowed under *Enforcement Guidance for Respiratory Protection and the N95 Shortage Due to the Coronavirus Disease 2019 (COVID-19) Pandemic* issued March 14, 2020. This temporary enforcement discretion policy will no longer apply upon notification.