



# General Instructions for Donning an N95 Respirator (Mask)

## Step #1

Before accessing and putting on an N95 mask clean your hands.

*If wearing glasses, remove prior to putting on mask*



## Step #2

Cup the mask in your hand with the metal nosepiece at your fingertips. Allow the elastic headbands (straps) to hang freely below your hand.



## Step #3

Position the mask under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and place it around the neck below the ears.



## Step #4

Using **both** hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.



## Step #5

**SEAL CHECK.** The mask seal **MUST** be checked before each use. To check the fit, place both hands over the mask and exhale. If air leaks around your nose, adjust the nosepieces as described in step 4. If air leaks at the mask edges, adjust the straps up or down along the sides of your head.

**If you cannot achieve proper fit, check with your supervisor.**

*If wearing glasses, put them on.*



**Working Safely for the Health of it!**