

Job Aid: Putting on and removing N95 respirator

1 PURPOSE

The purpose of this job aid is to provide basic information and instructions regarding the use of a N95 respirator.



2 PROPER SEAL

To form a proper seal between the respirator and the face, all areas of the face that make contact with the respirator must be clean shaven. Both a seal check and formal fit testing are done to ensure that a proper seal can be achieved to confirm that the correct size and suitable N95 respirator model has been selected.

Note: Avoid touching your face or respirator with your gloves.

3 PUTTING ON THE N95 RESPIRATOR

1	Clean your hands with soap and water for 20 seconds or use an alcohol based hand sanitizer before touching the mask	A close-up photograph of a person's hands being washed under running water in a stainless steel sink.
2	Remove packaging as necessary, inspect the respirator for defects and stretch the straps gently.	A photograph of a person wearing an orange safety vest, holding a white N95 respirator mask and inspecting it.
3	Cup the N95 respirator in your hand with the nose piece in your fingertips. Ensure straps are dangling beneath the respirator.	A photograph of a person's hand holding a white N95 respirator mask, showing the nose piece and straps.
4	Lift the N95 respirator to your nose, mouth and chin with one hand.	A photograph of a person wearing an orange safety vest and a white N95 respirator mask, adjusting it with one hand.

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5	With your other hand, position the top strap over your head above your ears.	
6	Continue to hold the respirator in place, then lift the bottom strap up and over the top strap to place it behind your head and position it below your ears.	
7	Using the finger tips of both hands, mould the nosepiece to the shape of your nose by gently pressing it inward and on the sides of the nose piece.	
8	Do a seal check by covering your N95 respirator with both hands. <ul style="list-style-type: none">• When you INHALE, the respirator should collapse slightly.• When you EXHALE, you should not feel any air escaping.	

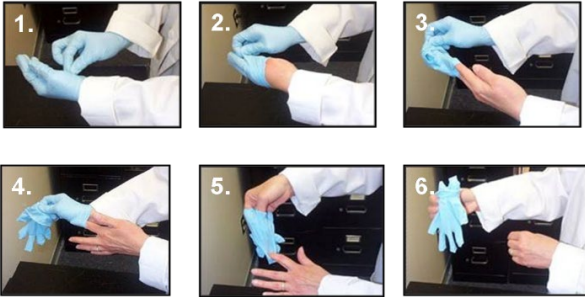





4 FIT TESTING

To ensure that the N95 respirator seals your face, you will need to be fit tested by a qualified person before you wear the respirator for the first time. This will ensure the size and model are suitable. Testing is done annually unless the person undergoes physical changes (eg. weight loss / gain or certain dental issues) that could impact the fit of the respirator. Evidence of annual fit test must be recorded on a form, signed by the qualified fit-tester and kept on file for a period of two years.



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5 REMOVING THE N95 RESPIRATOR

1	Remove your gloves using the appropriate technique (see Job Aid for Removing Disposable Gloves).	 A sequence of six small images showing the steps to remove gloves. 1. Grasp the wrist of the gloved hand. 2. Turn the hand so the palm is facing you. 3. Peel the glove away from the hand. 4. Turn the glove inside out. 5. Drop the glove into a bin. 6. Repeat for the other hand.
2	Wash your hands with soap and water for 20 seconds or use alcohol based hand sanitizer before touching your mask.	 A person is shown washing their hands with soap and water in a stainless steel sink.
3	While standing beside and leaning over a garbage can, grab the bottom strap first and pull it over your head using both hands. Ensure that you are away from the area of the possible contaminant(s) before removing your N95 respirator.	 A person wearing an N95 respirator is shown pulling the bottom strap over their head.
4	Pull the top strap over your head and remove respirator from face. Hold the N95 respirator only from the straps. Do not touch the respirator itself to avoid contaminating your hands.	 A person wearing an N95 respirator is shown pulling the top strap over their head.
5	Dispose of the N95 respirator directly into a sealable garbage bin. NOTE: Do not carry, throw or shake the N95 respirator.	 A person is shown holding the removed N95 respirator by the straps.
6	Wash your hands with soap and water for 20 seconds or use an alcohol based hand sanitizer.	 A person is shown washing their hands with soap and water in a stainless steel sink.

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6 SEQUENCE FOR PUTTING ON AND REMOVING YOUR PERSONAL PROTECTIVE EQUIPMENT (PPE)

It is important to put on and remove your mask and gloves in the right sequence to minimize potential for exposure to contaminants from your personal protective equipment (PPE).

The following provides the proper sequence:

Sequence of putting on PPE	
1	N95 Respirator
2	Glasses (if you wear them)
3	Gloves

Sequence of removing PPE	
1	Gloves
2	Glasses (if you wear them)
3	N95 Respirator

7 REFERENCES:

Please refer to Job Aid on removing disposable gloves:

http://intranet.cpggpc.ca/html/branches/other/messages/Uploads/jobaid_removing_gloves-e.pdf