

N95 RESPIRATOR TRAINING

The following training guide covers the training requirements for disposable N95 filtering facepiece respirator users.

I. What Is A N95 Filtering Facepiece Respirator?



N95 filtering facepiece respirators are certified by the National Institute of Occupational Safety and Health (NIOSH) to have filter efficiency level of 95% or greater against particulate aerosols free of oil and greater than 0.3 microns in size.

Examples of airborne contaminants that N95 respirators filter out include dusts, mists and microbial agents such as tuberculosis bacteria & flu virus.

II. When Are N95 Respirators Recommended?

Depending on your job responsibilities, N95 respirators may be recommended as personal protective equipment when a hazardous exposure exists. Individuals may want to wear N95 for tasks such as entering isolation rooms, and other activities involving close contact with potentially infected persons.

III. Capabilities and Limitations of N95 Respirators

- 1) N95 respirators **ONLY** filter out particulate contaminants.
- 2) N95 respirators are disposable - do not save for later use. If you must reuse due to low supplies, place in brown paper bag with your name. (***During COVID CDC recommends the re-use of N95 for upto 5 times being sure that the bands are still usable and that you perform the appropriate seal checks***)
- 3) They may be uncomfortable to wear for extended periods of time.
- 4) N95 respirators do not protect you from:
 - Chemical vapors/ gases
 - Oxygen deficient atmosphere
 - High risk exposures such as those created by aerosol-generating procedures and asbestos handling.

IV. Effective Use of N95 Respirators

The effectiveness of N95 respirators relies on how well the respirator seals to the user's face.

To ensure N95 respirators work effectively:

- 1) **ONLY** use the respirator model and size that fits your face. N95 respirator fit will vary by model and size. Improper fit will likely result in inadequate protection.
- 2) Using the respirator with beards or other facial hair may interfere with the direct contact between your face and the sealing surface of the respirator. This will reduce the effectiveness of the mask and therefore may decrease the masks effectiveness.
- 3) Conduct a seal-check **every time** you put the respirator on (before entering area of concern).
- 4) If the respirator becomes damaged, soiled or you experience problems with using the respirator (breathing becomes difficult, dizziness, irritation, etc.), remove the respirator when you are no longer exposed to the potential hazard.

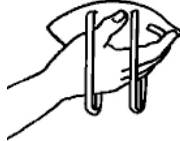



V. Storage and Maintaining

Store the masks in a cool, dry location out of the sun. Maintain the integrity of the mask by storing it in the original box or a brown paper bag. Do not fold them in half or write on the masks.

VI. Inspection

Prior to wearing the N95 respirator, inspect the respirator for damage and contamination. Verify all components of the respirator are in good condition (e.g. straps, nose piece, etc.). Do not use the mask if it is wet or damaged.

VII. Wearing The Respirator & Seal-Checking Procedures

<p>1) Hold the respirator in one hand, with the nose piece at the fingertips and let the head straps hang loosely in front of the respirator.</p>	
<p>2) Place respirator under the chin, with the nosepiece up.</p> <p>While holding the respirator with one hand, pull the top strap over your head, resting it at the top back of your head.</p> <p>Pull the bottom strap over your head, and place it around your neck, below your ears.</p> <p>Make sure all hair is out of the way and respirator is firmly on your neck.</p>	
<p>3) Using <u>both</u> hands, mold the nose piece to the shape of your nose by pushing inward with your fingertips.</p> <p>Note that pinching the molding piece with 1 hand will likely result in less effective respirator fit.</p>	
<p>4) Seal-check: cover respirator completely w/ both hands, and exhale sharply.</p> <p>If air blows on your face or eyes, readjust the respirator according to Steps 3 & 4. Do not use respirator until you pass the seal-check (no leakage).</p>	
<p>5) To remove the respirator, hold the respirator with one gloved hand. With the other hand, pull the bottom strap over your head, and then pull the top strap off. <i>If respirator was used in a medical facility or if there is any evidence that respirator may be contaminated, dispose of it as a bio-hazardous waste.</i></p>	

If you have any questions regarding N95 respirators, contact EHS at x3212.