

How to Properly Put on & Take off a Disposable Respirator

1. Thoroughly wash or disinfect your hands BEFORE putting on and BEFORE taking off the respirator.
2. Use the same make, model, and size of respirator of which you have been previously fit tested.
3. Inspect the respirator for damage. DO NOT USE respirator if it appears damaged. Replace it with a new one.
4. Do not allow facial hair, hair, jewelry, clothing or anything else between your face and the respirator to prevent proper seal.

*Follow manufacturer instructions that come with your respirator.¹

Putting on the respirator



Position the respirator in your hand with the metal strip (nosepiece) at your fingertips.



Cup the respirator in your hand with the headbands hanging over your hand. Hold the respirator under your chin with the metal strip over your nose.



Place the top strap on the top back of your head. Place the bottom strap around your neck and below the ears. **Do not crisscross straps.**



Place your fingertips from both hands on the metal strip on your nose. Slide fingertips down both sides of metal strip to mold it to the shape of your nose.

Checking you seal²



Place both hands over the respirator and take a quick breath in to check if the respirator seals tightly to your face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, re-adjust the nosepiece as described previously. If air leaks at mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

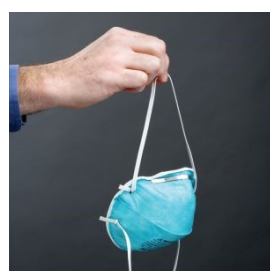
Removing the respirator



DO NOT TOUCH the front of the respirator as it may be contaminated.



Without touching the respirator, pull the bottom strap then the top strap.



Discard used respirator in a lined, closed container, then wash your hands.

Employers must comply with the OSHA Respiratory Protection Standard, 29 CFR 1910.134 if respirators are used by employees performing work-related duties.

1 Manufacturer instructions for many NIOSH approved disposable respirators can be found at www.cdc.gov/niosh/npptl/topics/respirators/disp_part/

2 According to the manufacturer's recommendations For more information call 1-800-CDC-INFO or go to <http://www.cdc.gov/niosh/npptl/topics/respirators/>