**Purpose:**

To provide step-by-step instructions for correctly putting on and checking the seal of an N95 respirator, ensuring proper fit and maximum protection.

**Procedures:**

**Putting On The Respirator:**

1. **Positioning:**
   * Position the respirator in your hands with the nose piece at your fingertips.
2. **Cupping the Respirator:**
   * Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.
3. **Strap Placement:**
   * The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.
4. **Nose Clip Adjustment:**
   * Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

**Checking Your Seal:**

1. **Initial Check:**
   * Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.
2. **Exhalation Check:**
   * Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.
3. **Leakage Adjustment:**
   * If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, readjust the straps along the sides of your head until a proper seal is achieved.
4. **Final Check:**
   * If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.