

FIT CHECK PROCEDURE

- Place your hands over the outside of the mask.
- Forcefully inhale and exhale several times. The mask should collapse and expand.
- If the respirator does not collapse and expand, or if air is leaking out between your face and the respirator, then this is not a good facial fit. You should adjust the respirator until the leakage is corrected and you are successfully able to fit check the respirator.

REMOVING THE N95

Do not touch the front of the mask/respirator. It is considered to be contaminated. Grasp bottom, then top ties or elastic bands. Pull bottom strap over head

HOW TO STORE THE N95

Respirators should be stored in a convenient, clean and sanitary location, avoiding temperature extremes and direct sunlight. When not in use respirators should be sealed in plastic bags and stored in a single layer with the face piece and exhalation valve in a non distorted position. The bag should be labeled with the employee's name.

REPAIRS

N95 respirators are **not manufactured in such a way that they can be repaired**
If any deficiencies are found in an N95 respirator, it should be discarded.

WHEN TO GET A NEW N95

Respirators should be changed if:

- The employee experiences a significant increase in the amount of resistance to breathing
- The respirator collapses due to excess moisture
- The employee senses (smells/tastes) breakthrough
- The respirator is visibly soiled or
- The respirator no longer seals to the user's face
- You have used the respirator for one full shift

LIMITATIONS OF N95 RESPIRATORS

- If the respirator becomes wet or soiled. It should not be used
- Does not supply oxygen and should not be worn in an atmosphere with less than 19.5% oxygen
- Cannot be used in concentrations of contaminants that are immediately dangerous to life and health
- Cannot be used with beards, facial hair, or other conditions that prevent a good seal between the face and the edge of the respirator

When worn correctly, N95 respirators are effective barriers against diseases that require airborne precautions.

N95 RESPIRATOR TRAINING

Contact your supervisor, the Program of Hospital Epidemiology or Safety and Security with questions regarding N95 respirators.

Introduction

Respiratory protection is an essential element to protect employees from possible transmission of Tuberculosis and other infectious diseases as defined by the CDC. These infectious diseases are transmitted through airborne infectious particulates. A respirator when properly fitted and worn, can provide employees with needed protection from infectious diseases. N95 respirators have been selected by CDC as the proper level of respiratory protection to provide protection from particulates when properly fitted and worn. N95 is the most commonly used disposable particulate respirator. N stands for respirator filters that can be used when no oil is present in the contaminants. 95 means that the product has been tested and certified by NIOSH to have a filter efficiency level of 95% or greater against particulate aerosols.

BEFORE YOU WEAR AN N95

Prior to wearing a respirator and employee must have

- Medical screening to determine if an employee is physically able to wear a respirator
- Fit testing to see if the respirator fits properly on the employee's face. This must also be done annually
- Initial training on the selection, use, storage and limitations of the respirator used. This should be repeated annually

WHEN SHOULD I WEAR AN N95.

An N95 respirator is to be worn when working in areas that have diseases that require airborne precautions. Some examples include: TB, chickenpox, measles, rubeola, SARS, smallpox, etc. For further details please refer to the Infection Control Manual Policies [#300A—Overview of Isolation Precautions and #300B—Table Specifying Isolation Precautions for Specific Diseases and Syndromes](#)

RESPIRATOR EFFECTIVENESS

Respirators are only effective when the seal around your nose and mouth is tight. If you cannot achieve proper fit, do not enter the isolation or treatment area. Consult your supervisor. A respirator cannot be worn by healthcare workers with facial hair that comes between the sealing surface of the mask and face. Bearded healthcare workers should contact their supervisor to obtain information on alternative respiratory protection.

TYPES OF N95 UIHC RESPIRATORS

There are 2 basic types of approved N95 respirators used here:

- Molded respirator these respirators have a hard, molded body
- Surgical mask type these respirators are more similar to the surgical masks. Make sure they are N95 respirators and not just surgical masks. Normal surgical masks are not certified as protective against airborne diseases.

DONNING A MOLDED N95 RESPIRATOR

Inspect the respirator (if there are any deficiencies, DISCARD the respirator)

- Check the facepiece for cuts, tears, frays or loss of elasticity
- Check for damaged or missing hardware
- Check the elasticity of the headbands

Don the respirator

- Cup the respirator in your hand with the nosepiece at your fingertips
- Position the respirator under your chin with the nosepiece up
- Pull the top strap over your head so it rests high on the back of your head
- Pull the bottom strap over your head and position it around neck below your ears.
- Using two hands, mold the nosepiece to the shape of your nose. Using one hand may result in a less effective respirator seal.

DONNING A SURGICAL N95 RESPIRATOR

Inspect the respirator (if there are any deficiencies, discard the respirator)

- Check the facepiece for cuts, tears, frays or loss of elasticity
- Check for damaged or missing hardware
- Check the elasticity of the headbands

Don the respirator

- Separate the edges of the respirator to fully open it.
- Slightly bend the nose wire to form a gentle curve.
- Hold the respirator upside down to expose the two headbands.
- While holding the headbands with your index fingers and thumbs, cup the respirator under your chin.
- Pull headbands up over your head.
- Release the lower headband from your thumbs and position it at the base of your neck.
- Position the remaining headband on the crown of your head.
- Conform the nosepiece across the bridge of your nose by firmly pressing down with your fingers.
- Continue to adjust the respirator and secure the edges until you feel you have achieved a good facial fit