




N95 Respirators






OSHA 29 CFR 1910.134: Respiratory Protection Standard

- o OSHA's Respiratory Protection Standard requires that each employer has a written program which includes:
 - o Medical Surveillance to determine if the employee is fit to wear a respirator.
 - o Training in the proper use (donning and removing), limitations, and storage of the respirator selected for use.
 - o Fit-Test to determine that the respirator selected for use fits properly.



What is an N95 Respirator?

- o Air Purifying Respirator certified by the National Institute of Occupational Safety and Health (NIOSH).
- o Filter Efficiency of 95% or greater against oil-free particulate aerosols.
- o Can filter contaminants including:
 - o Tuberculosis
 - o Particulates/Viruses/Bacteria
 - o Dusts/Fumes
 - o Mists
- o N95 respirators are necessary for reducing exposure to these types of contaminants.



N95 Respirator Limitations

- Proper fit, usage and maintenance is critical to respirator performance
- Filters particulates only
- Will not protect you from gases, vapors, oil mists (chemicals)
- May be uncomfortable if used for extended periods
- Can not be worn by individuals with facial hair that disturbs the respirator seal (beards, goatees, etc.)
- Must be replaced when wet, damaged, soiled or contaminated
- Cannot be used in an oxygen deficient atmosphere

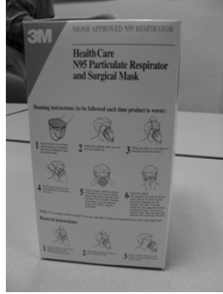
Effective Use of N95 Respirators

- Only wear the model **and** size of respirator that you were fit tested with.
- If you experience medical signs or symptoms (difficulty breathing, dizziness, etc..) or the respirator malfunctions, leave the work area and remove the respirator when you are no longer exposed to the hazard. Seek medical attention.

Medical Evaluation/Fit Testing

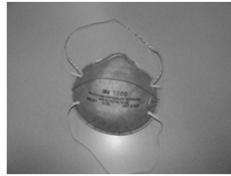
<p>When is a Medical Evaluation required?</p> <ul style="list-style-type: none"> ○ Prior to wearing a respirator ○ Re-evaluation needed if: <ul style="list-style-type: none"> ○ Medical signs or symptoms develop which affect one's ability to wear a respirator. ○ Change in workplace conditions create a substantial increase in the physiological burden of the respirator user. ○ Recommended by health care professional, supervisor or program administrator 	<p>When are a Fit Test and Training required?</p> <ul style="list-style-type: none"> ○ Prior to wearing a respirator <u>and</u> annually thereafter. ○ If changes in workplace/activities or type of respirator affect fit (Facial/dental changes or body weight change of more than 10-20 lbs). ○ Training to be repeated if user does not demonstrate required understanding or skill to wear a respirator.
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Donning an N95



Donning an N95

- o Inspect the respirator for tears, rips, creases or other damage before donning. Replace if damaged, deformed, wet or soiled.



Donning an N95

- o Cup the respirator in your hand, allowing the straps to hang below it. The nose clip should be facing away from you





Donning an N95

- o Place the N95 respirator over your nose and mouth with the metal nose clip on top.





Donning an N95

- o Pull the top strap over your head until it rests on the crown of your head above your ears.





Donning an N95

- o Pull the bottom strap over your head until it rests at the back on your neck.



- o Individuals with long hair should make sure to lift their hair so that the respirator strap is firmly against the neck

Donning an N95

- Using both hands, starting at the top of the respirator, mold the nose clip around your nose to achieve a good face-to-respirator seal
- Do not pinch the nose clip with one hand



Respirator Fit Checks: Positive Pressure

Perform both a **Positive Pressure Fit Check** and a **Negative Pressure Fit Check** every time the respirator is used.

Positive Pressure Fit Check:

- Cup your hands over the mask.
- Exhale normally.
 - The respirator should expand slightly.



Respirator Fit Checks: Negative Pressure

Perform both a **Positive Pressure Fit Check** and a **Negative Pressure Fit Check** every time the respirator is used.

Negative Pressure Fit Check:

- Cup your hands over the mask.
- Inhale normally.
 - The respirator should collapse slightly.



Respirator Fit Checks: Leaks

If air leaks between the face and the face seal of the respirator when performing either fit check:

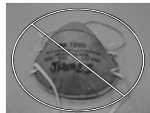
- Readjust the nose clip for a more secure seal.
- Reposition the respirator.
- Perform positive and negative pressure fit checks again.

Removing an N95

- If the respirator is contaminated with sputum or other bodily fluids only handle the straps.
- To remove:
 - First: pull lower strap over the head
 - Second: remove the upper strap.
- Discard the respirator if it is contaminated or damaged.

Care of an N95

- Must be replaced if wet or damaged.
- Replace if contaminated (i.e. sputum, other bodily fluids, etc).
- Do not crease or fold
- Do not write on the mask.





Storage

- Store in a manner that protects against damage and contamination (i.e. resealable storage bag).
- Store in a manner that protects the facepiece from distortion.





Next Steps

Please remember the following BEFORE attending a fit test session:

- Fit test participants cannot have facial hair or stubble. If you normally have facial hair, you will need to be clean shaven on the day of the fit test and anytime you wear a respirator.
- Please refrain from eating, drinking, chewing gum or smoking 15 minutes prior to the fit testing session. Doing these things can affect the fit test process.
- Fit test participants must have already been medically cleared to wear an N95 respirator BEFORE the fit test session.
