General Procedures for Properly Putting on and Taking Off a Disposable Respirator

- Before handling the respirator, wash hands thoroughly with soap and water.
- If you have used a respirator before that fit you, you should use the same make, model and size.
- Inspect the respirator for damages. If your respirator has been damaged – DO NOT USE IT. Get a new one.
- Anything that comes between the respirator and your face will make the respirator less effective. Do not allow facial hair, hair, jewelry, glasses or clothing to come between your face and the respirator, or interfere with the placement of the respirator on the face.

If respirators are used for people performing work-related duties, employers must comply with the Occupational Safety and Health Administration’s (OSHA) Respiratory Protection Standard, 29 CFR 1910.134. Consult www.OSHA.gov for more information.

Put the respirator on correctly: NOTE: Follow the instructions that come with the respirator. Manufacturer instructions for many NIOSH approved disposable respirators can also be found at:
http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/

Always check your fit when you wear a respirator. There are two steps to assessing the fit.

1. First, place both hands completely over the respirator, then take a quick breath in to check whether the respirator seals tightly to the face. Be careful not to disturb the position of the respirator.

2. Next, place both hands completely over the respirator and exhale.

3. If during either step, air leaks around the nose, readjust the nosepiece as described above. If air leaks at the mask edges, work the straps back along the sides of your head until a proper seal is achieved.

If you cannot achieve a proper fit and seal, ask for help from someone else, try a different size in that respirator model, or try a different respirator model. Different models of respirators may fit faces differently. Do NOT attempt to get a better fit by tying the straps into “knots” to shorten them.

WASH YOUR HANDS THOROUGHLY AFTER REMOVING THE RESPIRATOR

1. Front of respirator may be contaminated —DO NOT TOUCH!

2. Grasp bottom strap and pull over back of head without touching respirator, then with top strap and carefully remove

3. Discard in waste container and wash your hands thoroughly after removing the respirator.