

N95 ANNUAL RESPIRATOR TRAINING



Beth Israel Lahey Health

What is an N95 Respirator?

- N95 respirators will filter at least 95% of particles 0.3 microns in size or larger when worn properly
 - N: Non-oil particulates, 95: Filtration efficiency
- Disposable, single-use
- Regulated by OSHA, approved by NIOSH
 - BILH only provides NIOSH-approved N95 respirators
- Surgical N95s are additionally approved by the FDA as medical devices
- Wide variety of makes and models
 - Only wear N95 brands for which you have been fit tested and are provided by your business unit or BILH

A fit test will determine which brand and size is right for you

- BILH offers three (3) primary brands (cupped, flat fold, and 3-paneled)
- Each respirator types comes in Small or Regular and *sizes are not interchangeable between brands*

3M 1860 (cupped)



Halyard 46767 (flat fold)



3M Aura (3-paneled)



- Additional N95 respirators may be provided at each hospital, but all N95s distributed by BILH are vetted by the appropriate departments for use. **You may have been fit tested to another brand, which may look slightly different.**

Storage, inspection and disposal of N95 Respirators

- N95 respirators are stored in a clean location prior to use
- Inspect respirator and straps for integrity prior to use
 - Do not use N95 if damaged/deformed, does not properly seal to face, or becomes wet, breathing is difficult or it is contaminated with blood, secretions or other bodily fluids from a patient
- N95 respirators are single use and disposed of in the regular trash after each use
- Perform hand hygiene following respirator removal and disposal

Donning procedure for 3M 1860/cupped respirators



1. Cup the respirator in your hand with the nosepiece at fingertips, allowing the head straps to hang freely below hand.



2. Position the respirator under your chin with the nosepiece up.



3. While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head.

During a reuse protocol, gloves are used during repeat donning

Donning procedure for 3M 1860 (continued)



4. While continuing to hold the respirator firmly in place, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the respirator low on your nose.



5. Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.
NOTE: Always use two hands when molding nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.

Donning procedure for Halyard or other flat fold respirators

- 1) Separate edges to open respirator
- 2) Slightly bend nose piece to form slight curve
- 3) Hold respirator upside down to expose 2 headbands
- 4) Use index fingers to separate headbands
- 5) While holding the headbands with index fingers and thumb, cup the respirator under your chin



Donning procedure for Halyard respirators (continued)

- 6) Pull the headbands up over your head
- 7) Release the lower headband from your thumbs and position it at the base of your neck
- 8) Position the other headband on the crown of your head
- 9) Mold the nosepiece across the bridge of your nose by pressing with your finger
- 10) Continue to adjust the respirator and secure the edges to prepare for user seal check



Donning procedure for 3M Aura respirators

- 1) Place respirator on your face so that the foam rests on your nose and the bottom panel is open under chin. Hold the bottom panel securely under your chin
- 2) Pull top strap over your head, and position it high on the back of the head
- 3) Pull the bottom strap over your head and position it around your neck, below your ears
- 4) Adjust for comfortable fit by positioning the bottom panel under your chin and top panel on your nose
- 5) Use two fingers to mold the nosepiece around your nose for a secure seal



User seal checks are performed prior to every use

- **For your safety, check the seal of your respirator each time you use the respirator**
- User seal check is performed in the same way for both cupped and flat fold respirators



To perform the user seal check:

- Being careful not to disturb the position, place hands around respirator and exhale sharply then inhale sharply
 - If air leaks around your nose, using both hands, again, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides
 - If air leaks at the respirator edges, adjust the straps back along the sides of your head
 - Perform seal check again if an adjustment is made
- Ensure any eye protection does not interfere with the seal
- **If you cannot achieve a proper fit, see your supervisor or contact your local safety officer and do not enter area requiring respirator use**

Appropriate doffing procedures prevent self-contamination for strapped (cupped and flat fold) respirators

Do not touch the front of the respirator and handle by the straps only:

- Perform hand hygiene (and don clean gloves, if indicated by reuse procedure)
- Grasp the bottom strap around your neck and pull over your head
- Remove the top strap while pulling away from your head
- Dispose of (or store for reuse) respirator in regular trash
- Perform hand hygiene





During pandemic surges, N95 conservation measures may be implemented

- Conservation measures may include:
 - Extended use (preferred)
 - Reuse
 - For specifics, on timing, please refer to the [BILH Repirator Service Life by Respirator Type](#)
 - Eye protection should be worn over the respirator
 - Ensure eye protection does not interfere with respirator seal
 - Surgical masks should be worn over reused N95s during sterile procedures (e.g. operating room, cardiac cath lab) or to protect the integrity of the N95
- Follow [BILH N95 Respirator Reuse Procedures](#) as approved by Hospital Incident Command