

## Disposable N95 Donning and User Seal Check Instructions

These instructions need to be followed everytime the respirator is put on. Additionally, ensure there is no facial hair or other interference with the mask to face seal as the respirator fit will be compromised.

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.

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.

6



**Perform a User Seal Check –  
Check the seal of your respirator  
each time you use the respirator.**

To perform the user seal check, being careful not to disturb the position, and exhale sharply then inhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 5. 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. If you cannot achieve a proper fit, see your supervisor or contact EHS, and do not enter area requiring respirator use.