Proper use and care of Respirator Masks

Application



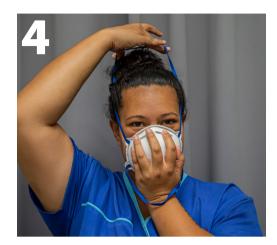
Sanitize or wash your hands thoroughly before putting on and taking off the respirator.



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



Position the respirator under your chin with the nosepiece



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



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.



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.

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Perform a User Seal Check.

Check the seal of your respirator each time you use the respirator.

To perform the user seal check, place both hands completely over the respirator, being careful not to disturb the position, and exhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 6. If air leaks at 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. Do not enter area requiring respirator use. If you cannot achieve a proper fit and need assistance, contact Public Health Nurses - 29110.

Removal









Without touching the respirator, slowly lift the bottom strap from around your neck up and over your head.







Store or discard according to your facility's infection control policy.



Download CookSafe+ on Play store and App store Feeling unwell? Call the TMO HealthLine Healthline 20065 or 20066 Free dial 0800 1801 or 0800 1802