

Proper Use of N95 Respirators

I What Is an N95 Filtering Facepiece Respirator?

N95 filtering facepiece respirators are *air-purifying* respirators certified by the National Institute of Occupational Safety and Health (NIOSH) to have filter efficiency level of 95% or greater against particulate aerosols free of oil and greater than 0.3 microns in size.

Examples of airborne contaminants that N95 respirators filter out include dusts, fumes, mists and microbial agents such as tuberculosis bacteria & flu virus.

II Capabilities and Limitations of N95 Respirators

- 1) N95 respirators **ONLY** filter out particulate contaminants.
- 2) N95 respirators do not protect you from:
 - Chemical vapors/ gases
 - Oxygen deficient atmosphere
 - High risk exposures such as those created by aerosol-generating procedures.
- 3) N95 respirators are disposable.
- 4) The use of an N95 may not be suitable for everyone. To request an exemption for a documented disability/medical condition, please contact Caltech Accessibility Services for Students (CASS) at cass@caltech.edu.

III Effective Use of N95 Respirators

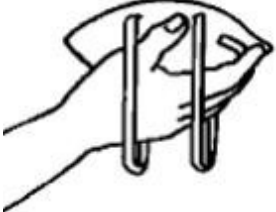



To maximize the effectiveness of N95 respirators:

- 1) Remove beards or other facial hair and accessories as they may interfere with the direct contact between your face and the sealing surface of the respirator.
- 2) Dispose of the respirator in regular trash if it becomes damaged or visibly dirty.
- 3) Your respirator is for your own use not to be shared with others.
- 4) Store your respirator in a marked container.

IV Inspection

Prior to wearing the N95 respirator, ensure that it is clean and in a good condition.

V Wearing The Respirator & Seal-Checking Procedure

<p>1) Hold the respirator in one hand, with the nose piece at the fingertips and let the head straps hang loosely in front of the respirator.</p>	
<p>2) Place respirator under the chin, with the nosepiece up.</p> <p>While holding the respirator with one hand, pull the top strap over your head, resting it at the top back of your head.</p> <p>Pull the bottom strap over your head, and place it around your neck, below your ears.</p>	
<p>3) Using <u>both</u> hands, mold the nose piece to the shape of your nose by pushing inward with your fingertips.</p>	
<p>4) Seal-check: Conduct a seal-check every time you put the respirator on. Cover respirator completely w/ both hands, and exhale sharply. If air blows on your face or eyes, readjust the respirator according to Steps 3 & 4. Do not use respirator until you pass the seal-check (no leakage).</p>	
<p>5) To remove the respirator, hold the respirator with one gloved hand. With the other hand, pull the bottom strap over your head, and then pull the top strap off.</p>	