

PRINCIPLES OF FIT CHECKING

How to don and fit check P2 and N95 respirators

A P2 and N95 respirator offers protection from diseases spread by airborne transmission



1
Separate the edges of the respirator to fully open*



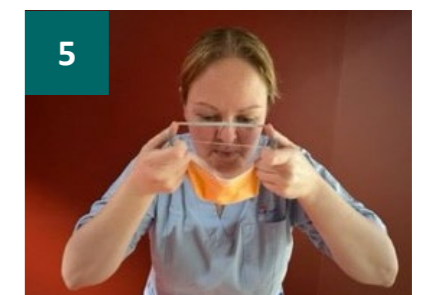
2
Bend the nose wire to form a gentle curve. The nose wire represents the top of the respirator*



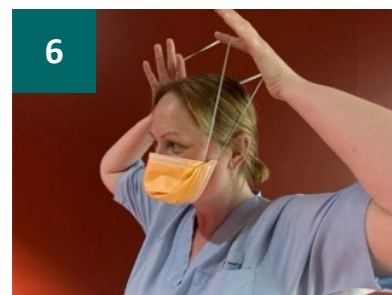
3
Make sure the respirator is fully unfolded and the two headbands are outside the respirator



4
Separate the two headbands



5
While holding the headbands, cup the respirator under your chin



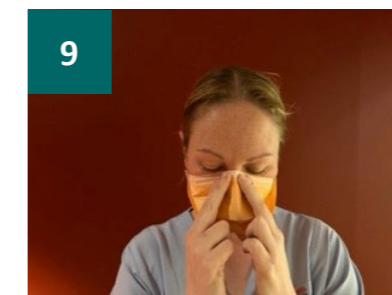
6
Pull the headbands up and over your head*



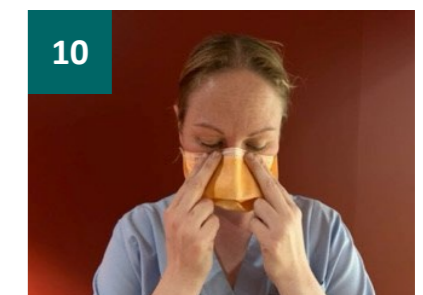
7
Place and position the lower headband at the base of your neck (under your ears)*
Straps should sit flat



8
Place the upper headband on the crown of your head. The band should run just above the top of your ears*

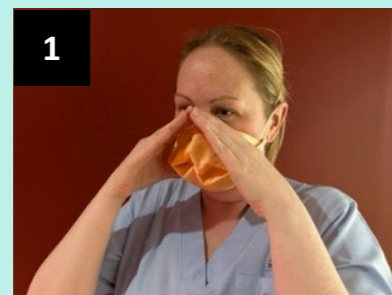


9
Gently conform/press the nose piece across the bridge of your nose by pressing down with fingers until the fit is snug

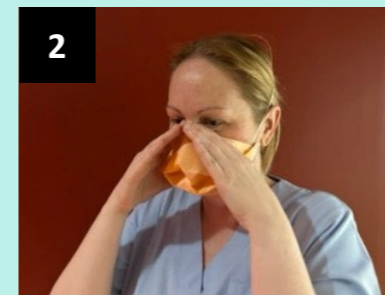


10
Continue to adjust the respirator until you feel you have achieved a good and comfortable facial fit/seal

A fit check must be performed each time a P2/N95 respirator is worn



1
Gently inhale. When you breathe in, the respirator should draw in slightly toward the face and collapse*.



2
When exhaling, the respirator should fill up with air. It is important at this stage to check there is no air leakage around the edges of the respirator. Continue adjusting the seal of the respirator if needed.

If you have not achieved a successful fit as instructed above, it is important that you seek advice or have someone assist you with fitting and checking your respirator.

*An incorrectly fitted respirator will not provide you with the intended level of protection from airborne particles.
Brands of P2/N95 respirators may have slight variation, always refer to the manufacturers instructions.*

**this step is not required for all types of respirators*