Put the respirator on correctly:  NOTE: Follow the instructions that come with the respirator. Manufacturer instructions for many NIOSH approved disposable respirators can also be found at: http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/

General Procedures for Properly Putting on and Taking Off a Disposable Respirator

- Before handling the respirator, wash hands thoroughly with soap and water.
- If you have used a respirator before that fit you, you should use the same make, model and size.
- Inspect the respirator for damages. If your respirator has been damaged – DO NOT USE IT. Get a new one.
- Anything that comes between the respirator and your face will make the respirator less effective. Do not allow facial hair, hair, jewelry, glasses or clothing to come between your face and the respirator, or interfere with the placement of the respirator on the face.

If respirators are used for people performing work-related duties, employers must comply with the Occupational Safety and Health Administration’s (OSHA) Respiratory Protection Standard, 29 CFR 1910.134. Consult www.OSHA.gov for more information.

Put the respirator on correctly:  NOTE: Follow the instructions that come with the respirator. Manufacturer instructions for many NIOSH approved disposable respirators can also be found at: http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/

Always check your fit when you wear a respirator. There are two steps to assessing the fit.

1. Position the respirator in your hands with the nosepiece at your fingertips.

2. Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.

3. Position the respirator under your chin with the nosepiece up. The top strap goes over your head, resting high at the top back of your head. The bottom strap is positioned around the neck and below the ears. The straps do not cross over one another. If there is only 1 headband, it should rest high at the back of your head.

Most disposable respirator models have a metal nose clip. Place your fingertips from both hands at the top of the metal nose clip. Slide your fingertips down both sides of metal nose strip to mold the nose area to the shape of your nose.

When taking off a respirator

1. Front of respirator may be contaminated —DO NOT TOUCH!

2. Grasp bottom strap and pull over back of head without touching respirator, then with top strap and carefully remove

3. Discard in waste container and wash your hands thoroughly after removing the respirator.

WASH YOUR HANDS THOROUGHLY AFTER REMOVING THE RESPIRATOR