

# DONNING AND DOFFING N95 RESPIRATORS

POWERED BY SYSTEMS 24-7

Your N95 respirator is an important line of defense to protect you from airborne contaminants that could cause you harm. In order to use your N95 respirator properly, it's important that you know how to properly don and doff this protective equipment.

## DONNING

Follow these steps to properly put on your N95 respirator:

- Put on the N95 respirator. Hold the respirator in the palm of your hand with the straps facing the floor.
- Place the N95 respirator on your face covering your nose and mouth.
- Pull the bottom strap up and over top of your head, and put it behind your head below your ears.
- Take the upper strap and put it behind your head towards the crown of your head.
- Hold the nose piece of the respirator over the bridge of your nose to obtain a tight seal.
- Always follow the manufacturer's instructions for wearing a respirator.
- Perform a fit check to ensure there is a good seal against the skin.

## DOFFING

When doffing your respirator, it's important that you not touch the front of the respirator. Follow these steps to properly doff your respirator:

- Tilt your head forward.
- Use two hands to grab the bottom strap, pull to the sides, then over your head.
- Next, use both hands to grab the upper strap, pull to the sides, then over your head.
- Keep tension on the upper strap as you remove it, which will let the mask fall forward.
- Dispose of the mask.

**Remember, it is your duty to wear all your prescribed PPE and follow the proper procedures for donning and doffing. If you notice a respirator is damaged or defective, use a new one.**

