

# N95 Training

---

1. The term “N95” refers to the classification of a disposable filtering facepiece respirator. This does not include all “dust masks”. Surgical Masks are not N95 filtering facepieces unless they are specifically labeled.
2. Disposable filtering facepieces are available in several varieties to cover various applications.
  - a. N = non-oil proof
  - b. R = oil resistant (8hr time use where oil is disbursed in immediate atmosphere)
  - c. P = oil proof (no time restrictions)
  - d. 95, 99, and 100 = % efficiency filtering particles
3. The masks with these classifications have been evaluated by NIOSH (National Institute for Occupational Safety and Health) and are shown to provide measurable protection to the user.
4. In addition, filtering facepieces can come with a combination charcoal lining for nuisance levels of organic vapor or acid gases
5. They may also come with a fluid resistant lining on the front
6. It is not necessary to dispose of the filtering facepiece after one use. If there isn’t gross contamination or if an exposure hasn’t occurred, the mask can be stored in a bag for future use.
7. Before using an N95, do a visual inspection. Check for tears or holes on the seal or face, check for contamination on the inside, and check that straps are secure.

## Donning the filtering facepiece

1. After doing a visual inspection of the mask, you are ready to don it. An N95 has 2 straps. Start by holding the face of the respirator in the palm of you had with the 2 straps hanging down.
2. Place the respirator to your face and holding it with one hand, use the other hand to take the top strap and pull it to the crown of your head.
3. Then take the bottom strap and pull it over your head to the back of your neck.
4. If applicable, use both index fingers to press the metal nose piece snugly against your nose. (Not all respirators have this feature)
5. Check for gaps in the seal while your head is stationary, moving up and down, and moving side to side. If any occur, you should readjust the respirator until these gaps do not appear. If gaps do not go away, you will need to be fitted with a different brand/size respirator
6. You are now ready to enter the potential exposure area.

N95 Filtering Facepieces



Not an N95

