

Using a

# DISPOSABLE RESPIRATOR

## Masks are NOT all the same

Three things matter:



Fit



Filter



Function

### RESPIRATORS ARE THE BEST KIND OF MASK

They protect you *as well as* others.

Respirators have special materials to **filter** the air you **inhale and exhale** (see picture).

Note: These materials **do not** work well if wet or dirty.



Used properly, respirators will filter out **most particles in the air**.

Note: You need a different kind for vapours or gases.

Respirators **do not** have ear loops. They have **head straps** to provide a **better fit**.

**WARNING:** Beard or facial hair around mask edges prevents a good fit – allowing air leakage in and out.

## Putting On

**Put** respirator on first, before anything else on head or neck (e.g. hat, scarf).

**Take** respirator from package.

**Stretch** out straps.

**Hold** with logo facing **UP**.

**Open** top and bottom flaps all the way.

**Use** thumb to gently shape nose piece.

**Try not to touch inside of respirator.**

**Hold** respirator so straps are on outside of hand.

**Place** respirator on face with metal nose piece on bridge (top) of nose.

**Make** sure bottom panel is snug at chin – tuck under first if helps.

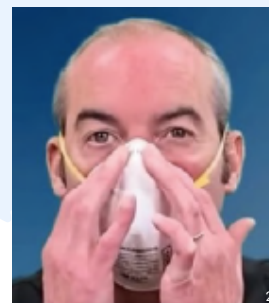
**Pull top strap** over head, position high, **above** ears.

**Pull bottom strap** over head, **below** ears and against skin (i.e. under hair).

The respirator should sit comfortably on your face with flaps completely unfolded and securely in place.

**Make sure nothing prevents a good fit or seal (i.e. hair, jewelry, clothing).**

**Use** fingertips of both hands to press **metal nose piece** down both sides where nose meets cheeks – pinching the top can leave a gap.

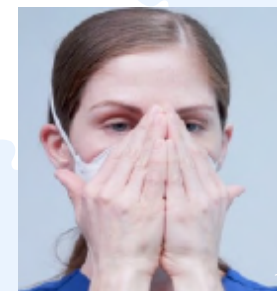


## Checking Fit (Seal)

**Cover** mask with hands.

**Breathe** in and out quickly – being careful not to move respirator. If it doesn't have a good seal, you'll likely feel air escaping:

- Adjust metal nose strips if air leaks around nose (e.g. glasses fog up).
- Adjust head straps if air leaks from sides.



**Check seal each time you put on a respirator.**

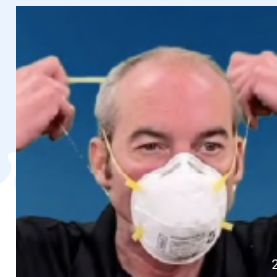
## Taking Off

**Pull bottom strap** carefully over head, followed by **top strap**.

**Touch straps only** as particles might be on outside filter material.

**Discard** or store safely.

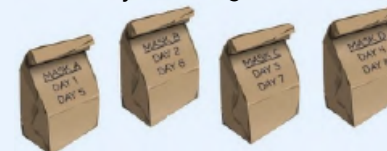
**Wash** hands with soap and water or hand sanitiser.



## Re-using

These are **disposable** respirators – but can be re-used if clean, dry and in good condition.

**Cycle** over 4 or 5 days, storing in numbered paper bags.



**Remember – If it's wet or dirty, it won't work properly.**

**Use** respirator recycling program or put respirator in garbage when finished with it.