

# Tight-fitting N95 Respirator Mask Training



# N95 Tight-fitting Respirator Mask Use

- ▶ Use during direct care activities that pose risk of exposure to airborne illness
- ▶ Use during Aerosol Generating Procedure (AGP) for coronavirus (COVID-19) positive, presumed-positive, and Person(s) Under investigation (PUI)
- ▶ Use during direct care of individual(s) coronavirus (COVID-19) positive, presumed-positive, and Person(s) Under investigation (PUI) when supply is plenty

# Employer Responsibilities

- ▶ Institute a respiratory protection plan that is readily available.
- ▶ Provide employees with medical evaluation and fit testing for N95 respirator masks
- ▶ Provide NIOSH and/or FDA approved N95 respirator mask as personal protective equipment (PPE) for employees involved in direct care that N95 may be needed
- ▶ Implement CDC and DDS guidance for optimizing PPE
- ▶ Provide training on use of N95 respirator mask use to employees

# Employee Responsibilities

- ▶ Participate in fit testing
- ▶ Remove facial hair prior to fit testing
- ▶ Obtain Medical evaluation (May be done at time of fit test my medical provider)
- ▶ Understand N95 use
- ▶ Perform user seal check after donning N95 respirator mask
- ▶ Seek answers to any questions related to N95 use

# N95- Medical Evaluation

- ▶ Questionnaire filled out by a licensed healthcare provider giving clearance for the employee to wear an N95 respirator mask
- ▶ This must be completed prior to N95 fit testing
- ▶ If not approved for N95 mask use, report to management and Human Resources
- ▶ CDC FAQ regarding Medical Evaluation-  
[https://www.cdc.gov/niosh/npptl/topics/respirators/disp\\_part/respsource3medical.html#medical](https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource3medical.html#medical)

# Fit testing

- ▶ All N95 respirator mask wearers require fit testing for initial use of N95 respirator.
- ▶ NOT having a fit test would negate the purpose of the N95 respirator mask.
- ▶ Fit testing is performed by someone trained in the in-person fit testing procedures.
- ▶ The fit test allows the wearer to trial the appropriate size mask and be fitted in a controlled setting so that if potential exposure is anticipated the N95 mask is appropriate.
- ▶ Training occurs at the fit testing so that employees may effectively use the mask and perform user seal check.
- ▶ Detailed description of fit testing procedure is on the OSHA webpage-  
[https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_id=9780&p\\_table=STANDARDS](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=9780&p_table=STANDARDS)

# Don and doff N95 Respirator Mask

## Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

## Removing Your Respirator



**DO NOT TOUCH** the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container.  
**WASH YOUR HANDS!**

<https://www.cnet.com/health/coronavirus-mask-cleaning-reuse-what-you-need-to-know/>

# N95 Respirator Mask User Seal Check

- ▶ To be performed each time the wearer dons an N95 respirator mask



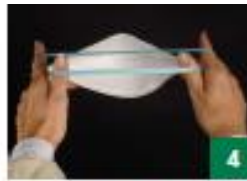
1  
Separate the edges of the mask to fully open it



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



3  
Hold the mask upside down to expose the two straps



4  
Using your index fingers and thumbs, separate the two straps



5  
While holding the straps, cup the mask under your chin



6  
Pull the straps up and over your head



7  
Place and position the lower strap at the base of your neck (under your ears)



8  
Place the upper strap on the crown of your head so that it runs just above the top of your ears



9  
Gently press the nose wire down across the bridge of your nose until it fits snugly



10  
Continue to adjust the mask and edges until you feel you have achieved a good and comfortable fit

## FIT CHECK

Gently inhale. When you breathe in the mask should draw in slightly toward the face and collapse



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A 'fit check' must be performed each time a P2 or N95 mask is worn



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Gently exhale. The mask should fill up with air. It is important at this stage that there is no air leakage around edges of mask.

<https://www.qld.gov.au/health/staying-healthy/environmental/after-a-disaster/bushfires/using-your-personal-protective-equipment>

<https://www.cdc.gov/niosh/docs/2018-130/pdfs/2018-130.pdf>

<https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.134AppB1>



# N95 Extended Use and Reuse

## CDC recommends:

- ▶ Follow the manufacturer's user instructions, including conducting a user seal check.
- ▶ Follow the employer's maximum number of donnings (or up to five if the manufacturer does not provide a recommendation) and recommended inspection procedures.
- ▶ •Discard any respirator that is obviously damaged or becomes hard to breathe through.
- ▶ •Pack or store respirators between uses so that they do not become damaged or deformed.
- ▶ •Hang used respirators in a designated storage area or keep them in a clean, labeled (employee's name) breathable container such as a paper bag between uses. To minimize potential cross-contamination, store respirators so that they do not touch each other and the person using the respirator is clearly identified. Storage containers should be disposed of or cleaned regularly.
- ▶ •Clean hands with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator (if necessary for comfort or to maintain fit).
- ▶ •Avoid touching the inside of the respirator. If inadvertent contact is made with the inside of the respirator, discard the respirator and perform hand hygiene as described above.
- ▶ •Use a pair of clean (non-sterile) gloves when donning a used N95 respirator and performing a user seal check. Discard gloves after the N95 respirator is donned and any adjustments are made to ensure the respirator is sitting comfortably on your face with a good seal.

<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

# When to discard

## CDC recommends:

- ▶ Discard N95 respirators following use during aerosol generating procedures.
- ▶ Discard N95 respirators contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
- ▶ Discard N95 respirators following close contact with, or exit from, the care area of any patient co-infected with an infectious disease requiring contact precautions.
- ▶ Consider use of a cleanable face shield (preferred<sup>3</sup>) over an N95 respirator and/or other steps (e.g., masking patients, use of engineering controls) to reduce surface contamination.
- ▶ Perform hand hygiene with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator (if necessary for comfort or to maintain fit).
- ▶ Extended use alone is unlikely to degrade respiratory protection. However, healthcare facilities should develop clearly written procedures to advise staff to:
- ▶ Discard any respirator that is obviously damaged or becomes hard to breathe through.

<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

# Do I need to be re-fitted?

- ▶ Fit testing generally occurs on an annual basis. OSHA has allowed an extension on this requirement given the demands of the COVID-19 pandemic.
- ▶ Changes in facial structures requiring the employee to be re-fitted:
  - ▶ New dentures or significant dental work
  - ▶ Excess weight loss or gain
  - ▶ Facial surgeries

Temporary extension of annual fit testing-

<https://www.osha.gov/memos/2020-04-08/expanded-temporary-enforcement-guidance-respiratory-protection-fit-testing-n95>

Re-fitting-

[https://www.osha.gov/video/respiratory\\_protection/fittesting\\_transcript.html](https://www.osha.gov/video/respiratory_protection/fittesting_transcript.html)

# What if I need a new mask or have questions?

- ▶ Contact your Supervisor if you need a new mask and are unable to access.
- ▶ If you have any questions refer them to your Supervisor.
- ▶ Questions related to infection control procedures may be referred to the site delegating nurse.