

Fit Testing Instructions

3M™ N95 Particulate Respirator 1860/1860S



1 Cup the respirator in your hand with the nosepiece at Finger tips, allowing the head straps to hang freely below hand.



2 Position the respirator under your chin with the nose piece up.



3 While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head.



4 While continuing to hold the respirator firmly in place, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the respirator low on your nose.



5 Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.
Note: Always use two hands when molding nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.

PERFORM A USER SEAL CHECK



6 The respirator must be checked before each use. To perform the user seal check, place both hands completely over the respirator, being careful not to disturb the position, and exhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 5. If air leaks at respirator edges, adjust the straps back along the sides of your head. Perform seal check again if an adjustment is made. If you cannot achieve a proper fit, see your supervisor. Do not enter area requiring respirator use.

Removal



1 Without touching the respirator, slowly lift the bottom strap from around your neck up and over your head.



2 Lift off the top strap. Do not touch the respirator.



3 Discard according to the WRHA Infection Prevention and Control Manual. Perform Hand Hygiene.

- Respirators are one time use only.
- Users must be clean shaven
- DO NOT enter the contaminated area if you CANNOT achieve a proper seal.
- Eye glasses must be removed prior to putting on and when removing the respirator

The N95 respirator filters out 95% of airborne hazards that are .3 microns in size or more including TB, measles, mumps, chickenpox, SARS, and Ebola.

The N95 respirator protects staff during Aerosol Generating Medical procedures and should be worn as directed by the WRHA Infection Prevention and Control Department.