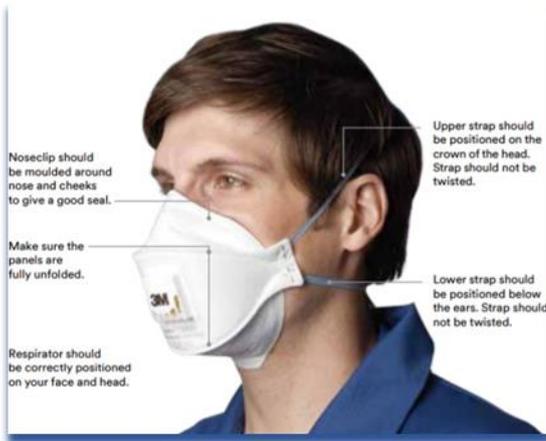


P2/N95 Respirators

Toolbox Talk

Toolbox Session
01/10/2020

P2/N95 Respirator



To be effective a P2/N95 requires, a tight facial seal. The respirator must be put on (fitted) and taken off (removed) correctly.

Do not enter the area unless a satisfactory fit has been achieved.

Fit-checking should be performed each time a **P2/N95** respirator is used, regardless of whether previous fit-testing has been performed.

Procedure for putting on a P2/N95 face respirator and conducting a fit check



1. Facial hair that interferes with the fit of the respirator and should be removed, prior to putting on



Remove hats and glasses

Long hair needs to be tied back and jewellery removed

Wash your hands thoroughly before putting on and taking off the mask

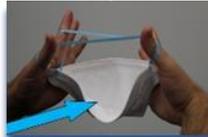
Inspect the mask for damage. If damaged – DO NOT USE IT



2. Separate the respirator edges

Put a small bend in the nose wire

Hold upside down and gently shake the straps out



3. Roll thumbs up

This will create a "cup" for the chin



4. Cup the respirator in one hand with the open side towards the face



5. Take both straps in your hand. Hold the respirator under the chin, with the nose piece facing upwards and pull the straps over your head



6. Position at the base of the neck
Position other on the crown of your head



7. Ensure that respirator is symmetrical on face and edges aren't folded
Using **both** hands, mould the noseclip to the shape of the nose
Conform nose piece to your nose and across cheek bones
The respirator may not fit as well if you pinch nose with only one hand
Adjust respirator until good/ comfortable fit achieved



8. Perform a fit check by covering the front of the respirator with both hands taking care not to disturb fit
Check the seal of the mask by gently inhaling. If the mask is not drawn in towards the face, or air leaks around the face seal, readjust the mask and repeat process or check for defects in the mask.
After use: Wait until you are in place with cleaner air quality before removing the mask

HOW TO REMOVE:

- DO NOT TOUCH the front of mask
- Remove by pulling the bottom strap first then top strap without touching the respirator
- Discard in waste container
- Wash you hand thoroughly

Incorrect fit:

- If air is leaking around nose readjust the nose clip to eliminate leakage, then repeat fit check
- If air leaks at the respirator edges, work the straps along the sides of the head to eliminate leakage then repeat fit check
- If glasses are fogging, reposition respirator, repeat fit check
- P2/N95 respirators are required to be fit tested each time, and they should form an airtight seal when fitted properly. [Fit testing NSW Government Video](#)
- If the mask still leaks you may need to try a different size or style of mask

Of Consideration:

- A correctly fitted respirator (i.e. with adequate face-seal), can become uncomfortable with prolonged use and in some cases cause headache, thermal stress and adverse respiratory and dermatological effects. In addition, this may mean that the wearer is more likely to unconsciously adjust it and risk contaminating their hands and face.

- Change the mask when it becomes moist
- To avoid fatigue additional breaks and changes of P2/95 respirators may be required.

Facial hairstyles and P2/N95 respirators

