

PRINCIPLES OF FIT CHECKING

HOW TO DON AND FIT CHECK P2 AND N95 MASKS

A P2 and N95 mask offers protection from diseases spread by airborne transmission: February 2020



1

SEPARATE THE EDGES OF THE MASK TO FULLY OPEN IT



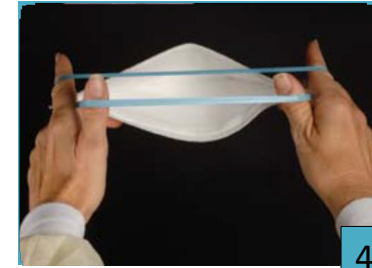
2

BEND THE NOSE WIRE TO FORM A GENTLE CURVE. THE NOSE WIRE REPRESENTS THE TOP OF THE MASK



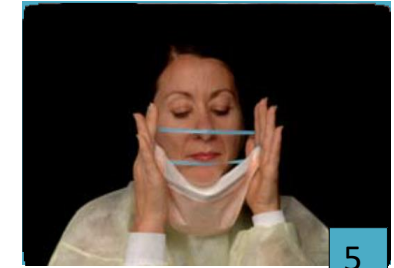
3

HOLD THE MASK UPSIDE DOWN TO EXPOSE THE TWO HEADBANDS



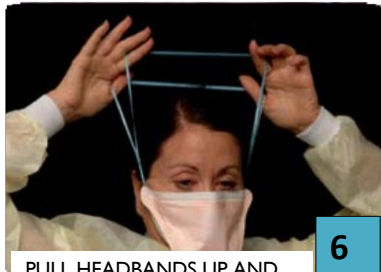
4

USING YOUR INDEX FINGERS AND THUMBS, SEPARATE THE TWO HEADBANDS



5

WHILE HOLDING THE HEADBANDS CUP THE MASK UNDER YOUR CHIN



6

PULL HEADBANDS UP AND OVER YOUR HEAD



7

PLACE AND POSITION THE LOWER HEADBAND AT THE BASE OF YOUR NECK (UNDER YOUR EARS)



8

PLACE THE UPPER HEADBAND ON THE CROWN OF YOUR HEAD. THE BAND SHOULD RUN JUST ABOVE THE TOP OF YOUR EARS



9

GENTLY CONFORM/PRESS THE NOSEPIECE ACROSS THE BRIDGE OF YOUR NOSE BY PRESSING DOWN WITH FINGERS UNTIL THE FIT IS SNUG



10

CONTINUE TO ADJUST THE MASK UNTIL YOU FEEL YOU HAVE ACHIEVED A GOOD AND COMFORTABLE FACIAL FIT.

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



1

GENTLY INHALE. WHEN YOU BREATHE IN THE MASK SHOULD DRAW IN SLIGHTLY TOWARD THE FACE AND COLLAPSE.



2

WHEN EXHALING THE MASK SHOULD FILL UP WITH AIR. IT IS IMPORTANT AT THIS STAGE TO CHECK THERE IS NO AIR LEAKAGE AROUND THE EDGES OF THE MASK. CONTINUE ADJUSTING THE SEAL OF THE MASK IF NEEDED.

If you have not achieved a successful fit as instructed above it is important that you seek advice or have someone assist you with fitting and checking your mask. An incorrectly fitted mask will not provide you with the intended level of protection from airborne infectious diseases.

Brands of P2 / N95 masks may have slight variation. Always refer to the manufacturer's instructions.