



What You Need To Know When Wearing an N95 Respirator

How to decide if an N95 is the right respirator.

- Conduct a hazard assessment, in consultation with the workers, to determine what hazards you and your workers could be exposed to based on the activities and environment.
- Identify if any engineering or administrative controls can be implemented to eliminate or reduce exposure.
- If engineering and administrative controls are not practicable or cannot reduce to an acceptable level, then a respirator may be required to be worn. Determine if an N95 respirator is a suitable means of protection based on the hazards, as an N95 respirator cannot be used for all tasks or environments.
- Ensure that the respirator chosen is certified by the National Institution of Occupational Safety and Health (NIOSH).
- When choosing any respirator to be worn, ensure that it is worn in a manner that does not interfere with the seal of the face piece to the face of the user, or affect the effectiveness of other PPE that may be required to be worn.

Training

Anyone who is required to wear a respirator (including an N95) is required to be fit-tested for a particular respirator model and size.

This would include an initial fit-test, followed up with a fit-test conducted at least once every 2 years or if circumstances change (i.e. weight loss/gain, changes in facial structure, etc.) as per CSA Standard Z94.4 "Selection, Use and Care of Respirators". During the fit-testing process, the person conducting the fit-test will instruct the individual on how to properly inspect, don/doff the respirator, and conduct a seal check. One size does not fit all and therefore, it is essential that each individual person is fitted with appropriate size and model.

For further information, refer to your company's Respiratory Protection Program in accordance with the NL OHS Regulations.

Donning/Doffing an N95 and Seal Check

A respirator is only effective if it is the appropriate respirator for the tasks, properly fits, and is worn correctly. It is important to follow manufacturer's instructions on how to properly wear a respirator, including an N95.

Anyone who is required to don a respirator (including an N95) is required to conduct a seal check every time it is worn. This would ensure that the respirator is properly fitting and that there are no leaks. Leaks would allow for contaminated air to enter the user respiratory system and therefore, it is imperative that it is done every time and done properly. The procedure for donning/doffing and seal check for an N95 respirator can be found here: [WorkSafeBC Putting on and Removing Your Disposable Respirator](#).

Users are required to be 'clean shaven' in order to have the most effective seal. When the user is not 'clean shaven', this can also affect the seal of the respirator and also allow for contaminated air to enter the respiratory system. For more information on: [Facial Hair and Respirators](#)

Inspection, Maintenance, & Storage

Prior to wearing an N95 respirator, inspect the respirator for any damage. This would include looking for dirt, holes, and verifying all of the components are in good working condition (i.e. straps, nose piece, etc.). If the respirator is not in good condition, it should not be used and discarded properly.

An N95 respirator is a deemed a disposable respirator and is required to be disposed of after a single use. Therefore, there is no cleaning procedure. The company should develop a proper disposal procedure for disposing soiled N95 respirators.

These respirators must be stored in an environment to prevent damage and exposure to contamination, sunlight, extreme temperatures, etc. To ensure that when in use, they are providing the user with the most effective protection. [For further information on caring for your disposable respirator](#).