

Job Aid: Don a Respirator

Examine the respirator for tears, soil or weak elastic. If problems, do not use it!
Make sure the respirator is fully open (not folded).



1. Hold the respirator in one hand, elastic straps hanging down.

2. Place the respirator over your nose, mouth and chin. Have the flexible nose piece at the top of your nose.

3. Secure the respirator to your head with elastic. Lift the bottom elastic over your head first. Then secure the top elastic.

4. Fit the flexible nose piece over your nose

5. Adjust to fit. Beard, hair and jewelry may interfere with a good fit!