

# SAFETY TALK



## DONNING/DOFFING RESPIRATOR

Donning means to put on and use PPE properly to achieve the intended protection and minimize the risk of exposure. Doffing means removing PPE in a way that avoids self-contamination. For example, avoid skin and mucous membrane contact with potentially infectious materials, and chemical biological agents

### Application

Always read and follow User Instructions.



Remove the respirator from its packaging and hold with straps facing upward. Place the bottom strap under the center flaps next to the "ATTENTION" statement.



Fully open the top and bottom panels, bending the nosepiece around your thumb at center of the foam. Straps should separate when panels are opened. Make certain the bottom panel is unfolded and completely opened.



Place the respirator on your face so that the foam rests on your nose and the bottom panel is securely under your chin.



Pull the top strap over your head and position it high on the back of the head. Then, pull the bottom strap over your head and position it around your neck and below your ears.



Adjust for a comfortable fit by pulling the top panel toward the bridge of your nose and the bottom panel under your chin.

Make certain hair, facial hair, jewelry and clothing are not between your face and the respirator as they will interfere with fit.



Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area 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 the nosepiece. Pinching the nosepiece with one hand may result in improper fit and less effective respirator performance.**



### Perform a User Seal Check

**Check the seal of your respirator each time you use the respirator.**

Place one or both hands completely over the middle panel. Inhale and exhale sharply. Be careful not to disturb the position of the respirator. If air leaks around your nose, re-adjust the nosepiece as described in Step 6. If air leaks around respirator edges, adjust panels and position of straps and make certain respirator edges fit snugly against the face. **If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.**

### Removal Can be performed using one or both hands.



Without touching the respirator facepiece, slowly lift the bottom strap from around your



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



Store or discard according to your facility's infection control policy.

Source: [www.3mcanada.ca/](http://www.3mcanada.ca/)

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

QUESTION 1 HOW OFTEN SHOULD I BE FITTED FOR MY N95 RESPIRATOR?

QUESTION 2 WHAT CAN PREVENT A PROPER SEAL ?

QUESTION 3 HAVE I CONTACTED N95APPOINTMENYT@IHIS.ORG

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>