

Tight-fitting N95 Respirator Mask Training



University Health Service



N95 Respirator Mask - when to use

- ▶ Use during direct care activities that pose risk of exposure to airborne illness
- ▶ During aerosol-generating procedures (e.g., bronchoscopy, suctioning of the respiratory tract [if not using in-line suction catheters], endotracheal intubation) in patients who are suspected of being infected with an agent needing respiratory precautions.
- ▶ Use during direct care of individual(s) on Airborne Precautions. (tuberculosis, measles, chickenpox, disseminated herpes zoster)



Employer Responsibilities

- ▶ Institute a respiratory protection plan that is readily available.
- ▶ Provide employees with medical evaluation and fit testing for N95 respirator masks
- ▶ Provide NIOSH and/or FDA approved N95 respirator mask as personal protective equipment (PPE) for employees involved in direct care that N95 may be needed
- ▶ Implement CDC and DDS guidance for optimizing PPE
- ▶ Provide training on use of N95 respirator mask use to employees



Student/Employee Responsibilities



- ▶ Participate in fit testing
- ▶ Remove facial hair prior to fit testing
- ▶ Obtain Medical evaluation (May be done at time of fit test by medical provider)
- ▶ Understand N95 use
- ▶ Perform user seal check after donning N95 respirator mask
- ▶ Seek answers to any questions related to N95 use

N95-Medical Evaluation

- ▶ Questionnaire filled out by a licensed healthcare provider giving clearance for the employee to wear an N95 respirator mask
- ▶ This must be completed prior to N95 fit testing
- ▶ CDC FAQ regarding Medical Evaluation-
- ▶ https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource3/medical.html#medicall

Fit testing

- ▶ All N95 respirator mask wearers require fit testing for initial use of N95 respirator and annually.
- ▶ NOT having a fit test would negate the purpose of the N95 respirator mask.
- ▶ Fit testing is performed by someone trained in the in-person fit testing procedures.
- ▶ The fit test allows the wearer to trial the appropriate size mask and be fitted in a controlled setting so that if potential exposure is anticipated the N95 mask is appropriate.
- ▶ Training occurs at the fit testing so that employees may effectively use the mask and perform user seal check.

Don and doff N95 Respirator Mask

Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container.
WASH YOUR HANDS!

N95 Respirator Mask User Seal Check



- ▶ First, place both hands completely over the respirator, then take a quick breath in to check whether the respirator seals tightly to the face. Be careful not to disturb the position of the respirator.
- ▶ Next, place both hands completely over the respirator and exhale.
- ▶ If during either step, air leaks around the nose, readjust the nosepiece as described above. If air leaks at the mask edges, work the straps back along the sides of your head until a proper seal is achieved.
- ▶ If you cannot achieve a proper fit and seal, ask for help from someone else, try a different size in that respirator model, or try a different respirator model. Different models of respirators may fit faces differently. Do NOT attempt to get a better fit by tying the straps into “knots” to shorten them.



https://www.cdc.gov/flu/freeresources/2009-10/pdf/n95respirator_instructions.pdf

When to discard

- ▶ N95 respirators are intended to be used once and then properly disposed of and replaced with a new N95 respirator.

Or when

- ▶ it becomes more difficult to breathe through it,
- ▶ if it becomes dirty
- ▶ the respirator becomes damaged.
- ▶ Exception for the single-use label was made during the COVID-19 pandemic due to respirator shortage. The supply and availability of NIOSH-approved respirators has increased and conventional practices have been resumed.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html>

<https://www.fda.gov/medical-devices/personal-protective-equipment-infection-control/n95-respirators-surgical-masks-face-masks-and-barrier-face-coverings#:~:text=General%20N95%20Respirator%20Precautions,-People%20with%20chronic&text=All%20FDA%2Dcleared%20N95%20respirators,it%20with%20a%20new%20one>

Do I need to be re-fitted?

- ▶ Fit testing generally occurs on an annual basis. OSHA has allowed an extension on this requirement given the demands of the COVID-19 pandemic.
- ▶ Changes in facial structures requiring the employee to be re-fitted:
- ▶ New dentures or significant dental work
- ▶ Excess weight loss or gain
- ▶ Facial surgeries






Facial Hair and use of tight-fitting respirators

- ▶ The OSHA respirator standard prohibits tight-fitting respirators to be worn by workers who have facial hair that comes between the sealing surface of the facepiece and the face of the wearer.
- ▶ Facial hair that lies along the sealing area of a respirator, such as beards, sideburns, or some mustaches, will interfere with respirators that rely on a tight facepiece seal to achieve maximum protection
- ▶ If a person has facial hair, the options are:
 - ▶ to shave and remain shaven for use of N95 respirator or
 - ▶ use a Controlled Air-Purifying Respirator (CAPR) or Powered Air-Purifying Respirator (PAPR).
 - ▶ CAPR units are obtained through Hospital Stores at URMC x5-8211

<https://www.cdc.gov/niosh/docs/2018-129/pdfs/2018-129.pdf>

https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource.html

Understanding the difference between surgical masks and N95 respirators

Understanding the Difference		
	 Surgical Mask	 N95 Respirator
Testing and Approval	Cleared by the U.S. Food and Drug Administration (FDA)	Evaluated, tested, and approved by NIOSH as per the requirements in 42 CFR Part 84
Intended Use and Purpose	Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer's respiratory emissions.	Reduces wearer's exposure to particles including small particle aerosols and large droplets (only non-oil aerosols).
Face Seal Fit	Loose-fitting	Tight-fitting
Fit Testing Requirement	No	Yes
User Seal Check Requirement	No	Yes. Required each time the respirator is donned (put on)
Filtration	Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection	Filters out at least 95% of airborne particles including large and small particles
Leakage	Leakage occurs around the edge of the mask when user inhales	When properly fitted and donned, minimal leakage occurs around edges of the respirator when user inhales
Use Limitations	Disposable. Discard after each patient encounter.	Ideally should be discarded after each patient encounter and after aerosol-generating procedures. It should also be discarded when it becomes damaged or deformed; no longer forms an effective seal to the face; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
<p>This information provides clarification regarding respirator and mask use in workplaces in which employees are exposed to respiratory hazards, it is not specific for the COVID-19 pandemic.</p>		
 <p>Centers for Disease Control and Prevention National Institute for Occupational Safety and Health</p>		

▶ <file:///C:/Users/rgoodma4/Desktop/understanddifferenceinfographic-508.pdf>

Questions

- ▶ Contact your Supervisor if you need a new mask and are unable to access.
- ▶ If you have any questions about N95 mask, fit testing, the need for education on CAPR you may contact University Health Service x5-4955.

University Health Service



Thank you



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