



# Wearing a flat style respirator\*

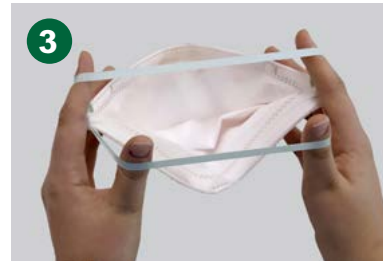
A correctly fitted P2 or N95 respirator will offer protection from airborne infections.  
A fit check must be performed each time a P2 or N95 respirator is worn.



1 Fully open respirator and expose the two headbands.



2 Bend the nose wire to form a gentle curve. The nose wire represents the top of the mask.



3 Using your thumb and index finger, separate the two headbands.



4 While holding the headbands, cup the respirator under your chin and pull the headbands over your head.



5 Pull the bottom strap over the head so it rests at the back of the neck and below the ears. The top strap should sit at the crown of the head.



6 Gently mould the nosepiece across the bridge of the nose and cheeks with both hands. Continue to adjust the respirator to secure the edges and have obtained a good facial fit.



7 Perform a fit check.

## Fit check

1. Gently inhale. When you breathe in, the mask should draw in slightly towards the face and collapse.
2. When exhaling, the mask should fill up with air. It is important to check there is no air leakage around the edges of the mask. (If fit checking the 1870+, place one or both hands completely over the middle panel. Inhale and exhale sharply. Be careful not to disturb the position of the respirator. There should be no air leakage around the nose or respirator edges)
3. Continue adjusting the seal and straps of the respirator if air is leaking to ensure it is fitting snugly and repeat the fit check.

If you have not achieved a successful fit it is important to seek advice from your infection prevention and control team or other designated professional at your site.

\* Flat style respirators include Essity (BSN) Proshield, 3M Aura 1870+ and Halyard Fluidshield. Brands of respirators may have slight variation. Always refer to manufacturer's instructions.