



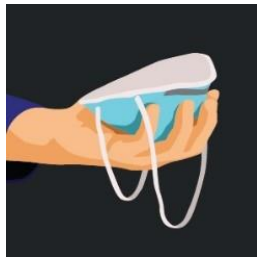
Safety Briefing: Guidance on proper care and use of N95 (KN95) Respirators

Supplemental to Chapter 04-02 of the [DNR Injury Prevention Manual](#) – Respiratory Protection

Filtration and Fit

In order for respirators to be effective, three key criteria are required:

1. It must be highly effective at capturing particles.
2. It must fit the user's face snugly, to minimize gaps in the seal.
3. The respirator must be donned and doffed correctly.



Proper Use

1. Place the respirator over your nose and under your chin. If it has two straps, the top strap goes above and the bottom strap goes below the ears (see graphic above).
2. If the respirator has a nose clip, use your fingertips from both hands to mold snugly against your face, do not pinch it with one hand.
3. Be sure to conduct a user seal check every time you don (put on) the respirator.
4. Facial hair will cause the respirator to leak, users should be clean shaven. Some types of facial hair are acceptable, as long as it doesn't interfere with the seal between your face and the respirator. See page 2 of this briefing for examples.
5. If you feel dizzy, lightheaded, or nauseated, remove yourself from the area and seek medical attention.
6. Discard and replace the respirator when (1) it becomes more difficult to breathe through, (2) it becomes dirty, or (3) the respirator becomes damaged.
7. Do **NOT TOUCH** the front of the respirator! It may be contaminated.
8. Follow manufacturer's recommendations on use and storage of your respirator
9. If supplies run short, consider and apply appropriate strategies identified by the Centers for Disease Control (CDC) [Strategies for Optimizing the Supply of N95 Respirators](#).

Facial Hair and Filtering Face piece Respirators

As mentioned under proper use, N95 (KN 95) masks must have a proper seal. Facial hair can cause an improper seal, so we've provided the following graphics from CDC to help guide you on what facial hairstyles are appropriate or inappropriate for use with filtering face piece respirators.



Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators

CLEAN SHAVEN ✓	STUBBLE ✗	LONG STUBBLE ✗	FULL BEARD ✗	FRENCH FORK ✗	DUCKTAIL ✗	VERDI ✗	GARIBALDI ✗	BANDHOLZ ✗
SOUL PATCH ✓	GOATEE (Careful! Chin hair may easily cross the seal) ✗	CHIN CURTAIN ✗	EXTENDED GOATEE ✗	CIRCLE BEARD ✗	ANCHOR (Careful! Chin hair may easily cross the seal) ✗	BALBO ✗	VAN DYKE ✗	IMPERIAL ✗
SIDE WHISKERS ✓	MUTTON CHOPS ✗	HULIHEE ✗	HORSESHOE (Careful not to cross the seal) ✓	ZAPPA ✓	WALRUS ✓	PAINTER'S BRUSH ✓	CHEVRON ✓	HANDLEBAR ✓
PENCIL ✓	TOOTHBRUSH ✓	LAMP SHADE ✓	ZORRO ✓	VILLAIN (Careful not to cross the seal) ✗	FU MANCHU ✗	ENGLISH ✗	DALI ✗	

*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.
 †This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.
 Source: OSHA Respiratory Protection Standard
https://www.osha.gov/publications/owd/owdip/show_document?tab=standard&id=12716
 Further Reading: NIOSH Respirator Trusted-Source Webpage
https://www.cdc.gov/niosh/nppd/topics/respirators/disp_part/respirance3.html

Original image vector by feedriver/Shutterstock.com

Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

2017

This briefing is designed to assist with implementation of DNR Injury Prevention Manual Respiratory protection requirements and Washington LNI requirements during the COVID-19 Response – It does not replace regulatory requirements and is subject to change.

END OF BRIEFING