

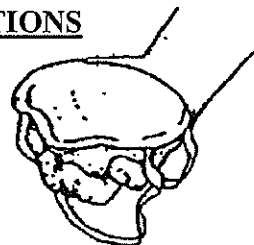
## N95 RESPIRATOR TRAINING

### FACT SHEET

1. To reduce the transmission of TB and certain other infectious diseases (e.g. SARS – Severe Acute Respiratory Syndrome) in the Medical Center, we rely on prompt isolation and treatment of these patients; teaching them to cover their mouths and noses when coughing or sneezing; the use of negative pressure isolation rooms; and the use of N95 particulate respirator masks by health-care workers caring for patients with known or suspected TB or SARS.
2. Immune-compromised persons are at greater risk of acquiring TB, and should consult with Employee Health service before taking care of patients who may have tuberculosis.
3. The N95 respirator masks we use are NIOSH approved and are recommended by the CDC and OSHA. To be effective, they must be fit tested and worn properly.
4. All employees have had pre-placement physical examinations. Anyone with concerns about possible health problems that might interfere with respirator use should be further evaluated in Employee Health Service.
5. Particulate respirators are for use in the following circumstances:
  - a. When entering an isolation room of a patient with confirmed or suspected TB or SARS.
  - b. When performing or assisting in a cough inducing or aerosol generating procedure on a patient with confirmed or suspected TB or SARS.
  - c. When transporting a patient who may have infectious TB or SARS in an emergency transport vehicle such as an ambulance.
  - d. When performing an autopsy on a patient with proven or suspected active TB or SARS.
6. The respirator face seal should be checked before each use by performing a positive or negative pressure test.
7. When caring for TB patients, N95 respirators may be used for one full shift unless they become damaged or contaminated with blood or body fluids. If worn for care of a SARS patient, they must be disposed of each time they are worn. This is because TB is transmitted via the airborne route and contamination of the outside of the mask does not occur. SARS, however, is transmitted primarily by the droplet route, and the outside of the mask can become contaminated when it is worn.
8. Employees who experience difficulty wearing an N95 respirator mask should be evaluated in Employee Health Service.

## N95 RESPIRATOR FITTING INSTRUCTIONS

1. Cup the respirator in your hand with the nose piece at fingertips, allowing the headbands to hang freely below hand.



2. Position the respirator on your face.



3. Pull the top strap over your head so it rests high on the back of head.



4. Pull the bottom strap over your head and position it around neck below ears.



5. Using two hands, mold the metal nose piece to the shape of your nose by pushing inward while moving fingertips down both sides of the nose piece. Pinching the nose piece with one hand may distort it.



6. Face seal fit check: Must be done every time you put the respirator on (even if 30 times a day!) Takes 10 seconds, but assures a good fit!
  - **Positive Pressure Test**: Blow out into the respirator and feel for leaks around edges. Readjust if you feel air leaks.
  - **Negative Pressure Test**: Place both hands completely over the respirator and breath in sharply. You should feel a brief vacuum sensation in the mask.

