

As supplies change, please note that each brand of N95 Respirator fits a bit differently. Please take the time you need to ensure adequate fit prior to entering a room. A fit check or seal check is crucial to the proper functioning of the respirator.



To perform the fit/seal check:

1. Once respirator is donned, adjust for comfortable fit. Make any necessary adjustments for comfort PRIOR to performing fit/seal check.
2. Inhale deeply. Front and/or sides of respirator should move inward slightly, as if being sucked inward.
3. Exhale. No air should escape from anywhere around the respirator.
4. Adjust mask to assure proper fit *with both inhaling and exhaling* PRIOR to entering a contaminated area.



When inhaling or exhaling, no air should enter in or out of the respirator's border.

References

Kimberly-Clark Professional NA. (2017). Kimtech USP 800 Non-sterile PPE donning and doffing. Retrieved from: <https://www.youtube.com/watch?v=DG-ljOZakMQ>

Occupational Safety and Health Administration. (2010). How to perform a user seal check with an N95 respirator. Retrieved from: <https://www.youtube.com/watch?v=pGXiUyAoEd8>