



CUPPED N95/P2 MASK

PPE
RIGHT WAY
EVERY TIME

There is a range of cupped P2/ N95 masks available.

DO NOT pull or adjust the headband straps of the mask as this may cause a tear at the staple points.

As per Western Health requirements always wear appropriate eye protection;

- Full face shield (preferred)
- Safety goggles

STEPS FOR DONNING (PUTTING ON) YOUR MASK



1 Perform hand hygiene.



2 Cup the mask over your mouth and nose.



3 Place the upper headband on the crown of your head, the band should run just above the top of your ears.



4 Place and position the lower headband at the base of your neck (under your ears).



5 Place fingertips from both hands at the top of the nosepiece. Using two hands, mold the nose area to the shape of your nose and across your cheek bones by pushing inward while moving your fingertips down both sides of the nosepiece.



6 Continue to adjust the mask and edges until you feel you have achieved a good and comfortable facial fit. Once you have achieved a good and comfortable facial fit, don any spectacles or eye protection and then repeat this process. Applying eyewear can sometimes move the mask.

If not sealed properly you may note:

- Air movement along the seal of the respirator.
- Glasses fogging.
- Lack of pressure inside the mask.
- You may not feel expansion of the mask.

FIT CHECK

ALWAYS CARRY OUT A FIT CHECK EVERY TIME YOU USE A N95/P2 MASK

- There is a range of cupped P2/N95 masks available.
- Brands of cupped P2/N95 masks vary slightly, always refer to manufacturer's instructions.
- Dimensions and features may result in a different fit and feel.
- Always perform your fit check before donning eye protection.

FIT CHECKING A CUPPED P2/N95 MASK



1. Gently inhale, when you breathe in the mask should draw in slightly toward the face and collapse.
2. Gently exhale, the mask should fill up with air, it is important at this stage that there is NO air leakage around the edges of the mask - use your hands to feel any air leaking.

If you have not achieved a successful fit as instructed above it is important that you seek advice or have someone assist you with fitting and checking your mask. An incorrectly fitted mask will not provide you with the intended level of protection from airborne infectious diseases.

STEPS FOR DOFFING (TAKING OFF) YOUR MASK

THE FRONT OF THE MASK IS CONTAMINATED. DO NOT TOUCH!



1 Perform hand hygiene.



2 Grasp the bottom elastic band of the mask, and gently pull over the top of the head.



3 Grasp the top elastic band of the mask, and gently pull over the top of the head.



4 Lean forward slightly and remove the mask from the face by gently handling the straps and avoiding contact with the front of the mask.



5 Dispose of the mask into a clinical waste bin.



6 Perform hand hygiene.