Information for Voluntary N95 Respirator Use

The following information is being provided for those wishing to wear an N95 voluntarily for additional protection from nuisance-level particulates. Please contact EH&S for an exposure assessment of the hazard.

I. What is a N95 Respirator?

An N95 filtering facepiece is an air-purifying respirator certified by NIOSH (National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services) to protect you against particulate aerosols greater than 0.3 microns in diameter. A label stating NIOSH certification should appear on the respirator or respirator packaging. N95 respirators are not recommended for use in areas that may contain oil mists in the air. In this case, you should use a P95 respirator (“P” for oil “Proof”).

II. N95 Respirator Limitations

Don’t wear your respirator into atmospheres containing contaminants for which the respirator is not designed to protect against! Follow all warnings provided by the respirator manufacturer.

III. Medical Clearance

Even for voluntary respirator use, if you have a Medical Condition that could make wearing a respirator hazardous to your health, such as a cardiovascular or respiratory condition, you should be Medically Cleared before wearing a respirator. If you need a Medical Clearance, you should call to schedule an appointment.

<table>
<thead>
<tr>
<th>N95 Protects You From</th>
<th>N95 Does NOT Protect You From</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Particulate Contaminants, including:</td>
<td>1. Low-Oxygen Environments</td>
</tr>
<tr>
<td>*Dusts</td>
<td>2. Chemical Vapors or Gases</td>
</tr>
<tr>
<td>*Mists (not containing oil)</td>
<td>3. Very Small Solid Particles - such as</td>
</tr>
<tr>
<td>*Airborne Microbial Agents</td>
<td>small fumes and smoke</td>
</tr>
</tbody>
</table>

Don’t wear your respirator into atmospheres containing contaminants for which the respirator is not designed to protect against! Follow all warnings provided by the respirator manufacturer.

Faculty & Staff (CRC)  Faculty & Staff (BUMC)  Registered Students

<table>
<thead>
<tr>
<th>Faculty &amp; Staff (CRC)</th>
<th>Faculty &amp; Staff (BUMC)</th>
<th>Registered Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.U. Occupational Health Center</td>
<td>ROHP</td>
<td>Student Health Services</td>
</tr>
<tr>
<td>930 Commonwealth Avenue (entrance on Pleasant Street)</td>
<td>72 E. Concord Street, Evans Building Rm. 825</td>
<td>881 Commonwealth Avenue</td>
</tr>
</tbody>
</table>
**IV. To Properly Use the N95 Respirator**

1. Always inspect the physical integrity of the respirator before use. Discard the N95 immediately if it is damaged, wet, or soiled.
2. Never use a respirator with facial hair that could compromise the seal formed by face-to-respirator contact.
3. Perform a seal-check every time that you put the respirator on.

**V. How to Wear the N95 Respirator & Check the Seals:**

1) Hold the respirator in your non-dominant hand, with the nose piece at the fingertips, and let the head straps hang loosely in front of the respirator.

2) Place the respirator under your chin, with the nosepiece up.
   
   While holding the respirator with one hand, pull the top strap over your head, so that the top strap rests high on the crown of your head.
   
   Pull the bottom strap over your head, and place it around your neck, below your ears.

3) Using your middle and index fingers from both hands, mold the nosepiece to the shape of your nose by pushing inward with your fingertips. Apply even pressure to both sides, while doing so.

4) **Seal-check:** Perform both a positive and negative pressure check by doing the following:
   
   - To perform a **Positive** pressure check, cup your hands over the N95 and exhale normally. The respirator should expand slightly.
   
   - To perform a **Negative** pressure check, cup your hands over the N95 and inhale normally. The respirator should collapse slightly.

When *removing* the respirator, take care not to touch anything other than the straps with your hands. Follow the respirator manufacturer’s instructions on use, maintenance, cleaning, care, storage and disposal.

**VI. Facial Hair**

*Note:* Any facial hair that gets between the respirator and the skin on the face reduces protection, since this would compromise the seal of the respirator. A few facial hair styles ideal for N95 use are shown above.

Contact B.U. EH&S with any N95 respirator questions at 617-353-4094 or 617-638-8830.