

**Environmental Health and Safety** Phone (978) 934-2618 Lowell, MA 01854 ehs@uml.edu

**How to Wear an N-95 or N-100 Respirator**

**Fitting Instructions**

1. **Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.**
2. **Position the respirator under your chin with the nosepiece up. Pull the top strap over your head, resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears.**
3. **While using both hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.**



**User Seal Checks**

**The seal of the respirator on the face should be checked prior to each use to ensure that an adequate seal is achieved.**

**If air leaks between the face and the face seal of the N-95 or N-100 respirator, reposition it and readjust the nose clip for a more secure seal.**

**If air leaks around the respirator edges, adjust the position on the face and the straps along the sides of the head and recheck fit.**