

DONNING/DOFFING A RESPIRATOR

VIEW THE VIDEO AT: [HTTPS://WWW.YOUTUBE.COM/WATCH?
V=HLUIKTBTBIW](https://www.youtube.com/watch?v=HLUIKTBTBIW)

WASH YOUR HANDS



Before putting on a respirator, wash your hands. Check out this You Tube video on how to properly wash your hands:

[https://www.youtube.com/watch?
v=yQl1KBi_s6k&feature=youtu.be](https://www.youtube.com/watch?v=yQl1KBi_s6k&feature=youtu.be)

Hold the respirator in the cup of your hand and place over your nose and mouth.



Next, secure the bands, secure the elastic bands to the back of your head, securing the bottom band first then the top band.

Mold the nose piece securely around the bridge of your nose



Cup hands around respirator and breath in/out to ensure the respirator fits securely against your face

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READY TO TAKE OFF YOUR RESPIRATOR?

Wash your hands! And remember to not touch the front of the respirator as it is now considered contaminated.

Remove the elastic band without touching the front of the respirator, starting with the bottom band first.



Next remove the top band. It may help to tip your head forward to avoid touching the front of the respirator.

Once the respirator is properly disposed of, wash your hands.

