

Important Steps for Using NIOSH-Approved N95 Filtering Facepiece Respirators

The **N95 filtering facepiece respirator** is the most commonly used type of NIOSH-approved respirator in healthcare. If you rely on an N95 for protection, there are a few important steps for you to take:

Step 1

Follow the guidance of your organization's respiratory protection program, including medical clearance



Step 2

Be sure you are using a NIOSH-approved respirator

You can find a list of approved N95 Respirators on the NIOSH website, www.cdc.gov/niosh/npptl/topics/respirators/disp_part/n95list1.html



Step 3

Get fit tested on an annual basis

See this video from OSHA for more information on fit testing, www.osha.gov/video/respiratory_protection/fittesting.html



Step 4

Know how to use the respirator safely and effectively

For more information, see the manufacturer's instructions that were included with the respirator as well as the NIOSH Trusted-Source website, <http://Knowits.NIOSH.Gov>



Step 5

Know how to don and doff the specific brand and model of respirator you are using

See the manufacturer's instructions included with the respirator

