

Safe use of FFP2 respirator mask



1
Separate the edges of the respirator mask to fully open it.



2
Slightly bend the nose wire to form a gentle curve.



3
Hold the respirator mask upside down to expose the two headbands.



4
Using your index fingers and thumbs, separate the two headbands.



5
While holding the headbands with your index fingers and thumbs, cup the respirator mask under your chin.



6
Pull the headbands up over your head.



7
Release the lower headband from your thumbs and position it at the base of your neck.



8
Position the remaining headband on the crown of your head.




9
Conform the nosepiece across the bridge of your nose by firmly pressing down with your fingers.



10
Continue to adjust the respirator mask and secure the edges until you feel you have achieved a good facial fit. Now, perform a fit check.

Check the fit of the respirator mask every time you wear it.

 The wearer should be clean shaven to achieve a good fit.

Forcefully inhale and exhale several times.

The respirator mask should collapse slightly when you inhale and expand when you exhale. You should not feel any air leaking between your face and the respirator mask.

If the respirator mask does not collapse and expand, or if air is leaking out between your face and the respirator mask, then you have NOT achieved a good facial fit.

Adjust the respirator mask until the leakage is corrected and you are able to successfully Fit Check your respirator mask.

For coloured masks the coloured side **MUST** be worn facing outward and upward in order to provide fluid resistant protection.

HELPFUL TIPS:

The wearer should remove the respirator mask if:

- The respirator mask becomes uncomfortable
- Breathing becomes difficult
- The respirator mask is damaged or distorted
- The respirator mask becomes obviously contaminated by respiratory secretions, blood or bodily fluids.

Stay safe. Protect each other.



Rialtas na hÉireann
Government of Ireland