

# N95 Surgical Respirator - Head Bands



## INSTRUCTIONS FOR USE

The **N95 Surgical Respirator Mask** offers a comfortable and adequate seal with head bands to hold the mask in place. An inadequate seal between the respirator and the face can result in contaminated air entering the mask. Please refer to your appropriate Respirator Fit Test Procedure to determine the required mask size.



## Applying the Mask

Prior to donning or doffing, ensure hand hygiene is undertaken.



1. Place head bands toward the front of the mask. Open the mask, creating a gentle curve in the nose wire.
2. Place hand at the base of the mask (gripping the front seal making sure the bands sit above your hand).

3. Lean chin into the mask and pull over the bottom band to rest around your neck below the ears. Pull over the top band and position at the crown of the head.
4. Position the mask nose piece above the nasal flares. The mask should sit on the soft area of the nose rather than on the bone of the nose.
5. Adjust mask bands for a secure and comfortable fit.

6. Using your index finger, hold firmly on the nose wire in the centre of the nose, while using your other index finger and thumb in a pinching motion to firmly mould the nose wire over the bridge of the nose.

7. Once the mask is firmly moulded to the nose, using one hand, firmly pinch on the nose wire low on the nasal flares of the nose and gently drop your bottom jaw. This will allow the respirator to fit the natural shape of your face, resulting in a better seal.

8. Look left to right, then up and down. There is to be no movement of the mask at the nose wire.
9. Inhale and exhale deeply, checking for escape of air. Remember, once the respirator is applied it should not be touched or reapplied.

**Note:** Any movement of the respirator at all would indicate that it is not fitted adequately and/or that the mask may need to be repositioned and refitted. In this case, repeat step 6.

### Tips & Tricks

If you notice an immediate gap between the side of the face and the mask, it may be that the strap needs to be adjusted. This can be done by lowering the bottom strap behind the ear. If a gap is still present after lowering your strap a different size mask may be required.

## Removing the Mask Safely

Prior to donning or doffing, ensure hand hygiene is undertaken.



1. Without touching the mask, lean forward and follow the bottom band.
2. Keeping tension and maintaining control of the bottom band, lift the bottom band over your head.
3. Follow the top bands around and while maintaining control/keeping tension, slowly remove the bands and mask away from the face.

4. Ensure the mask does not flick forward or back onto the face.
5. Discard responsibly.
6. Ensure hand hygiene is performed once the mask has been discarded.



**Caution:** Masks help protect against certain particles and are designed for occupational use by healthcare professionals who are properly trained in mask use and limitations. Misuse may result in sickness or death. DO NOT use in any manner not indicated in the Instructions for Use. Always read the label. Discard the mask if it becomes damp, soiled, damaged, or difficult to breathe through. Performance efficiencies may deteriorate when exposed to oil-based substances or individual fit characteristics are not adequate. Do not use if the packaging is damaged. Maximum operating temperature is +50°C.

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