## AMC 1210 B (N95)

## **Donning Procedures**

- Hold the respirator in one hand with the nosepiece at your fingertips, allowing the headbands to hang below your hand.
- 2. Press the respirator against your face with the nosepiece on the bridge of your nose.
- Place the top band high on the back of your head. Move the bottom band over your head and position it below your ears.
- 4. Using both hands, mold the nosepiece to shape of your nose.
- Test the fit. Cup both hands over the respirator and inhale vigorously. If no negative pressure is felt inside the respirator, readjust the position of the mask according to steps #2 to #5 till get a better fit.

If you CANNOT achieve a proper fit, DO NOT enter the contaminated area. See your supervisor for proper fitting respiratory protection.









