



# Wearing a cup style respirator\*

A correctly fitted P2 or N95 respirator will offer protection from airborne infections.  
A fit check must be performed each time a P2 or N95 respirator is worn.



1 Pre-stretch entire length of each strap by pulling between two hands (if fitting the 8210).



2 Cup respirator in one hand, with fingertips positioned at nosepiece and straps hanging below the hand.



3 Place the respirator in one hand and press against your face. Position the respirator under the chin with the nosepiece across the bridge of your nose.



4 Pull the top strap resting it high over the crown of your head.



5 Pull the bottom strap over your head then position it around your neck and below your ears. Straps must not be twisted.



6 Using both hands, mould nose piece to the shape of the nose bridge by pushing inwards whilst moving your fingertips down both sides of the nosepiece.



7 Perform a fit check.

## Fit check

1. Cover front of the respirator with both hands taking care not to disturb the fit.
2. Sharply exhale. If the respirator bulges slightly and no air leaks are detected between the face and the respirator, a proper seal has been obtained.
3. If air leaks around the nose, readjust the nose clip to eliminate leakage by repeating step 4.
4. If air leaks around the respirator edges work the straps back along the sides of your head to eliminate leakage.
5. If you cannot achieve a proper fit repeat steps 2 – 5.

If you have not achieved a successful fit it is important to seek advice from your infection prevention and control team or other designated professional at your site.

\* Cup style respirators include 8110s, 8210, 1860, 1860s. Brands of respirators may have slight variation. Always refer to manufacturer's instructions.