



Michigan Safety Conference
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www.michsafetyconference.org

Our goal, as the Michigan Safety Conference Committee, is to provide and exchange essential communications during the COVID-19 pandemic with the public, partners, and stakeholders to allow them to make well informed decisions and take appropriate actions to ensure the safety and health of everyone.

Reducing the spread of the coronavirus will depend significantly upon increasing the “social distance” between people, which has been defined as a 6-foot clearance between yourself and others . Regulatory guidelines have also expanded to include the recommendation for individuals to wear protective face masks while in public. However, as with any personal protective equipment (PPE), it must be worn properly to be effective. The chart below demonstrates how to correctly don a face mask and verify a protective seal to ensure the highest level of protection. Remember to avoid touching your face and wash your hands immediately with soap and water for at least 20 seconds before and after placement of your mask.

Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Checking Your Seal²



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

Please share this information with colleagues, family and friends. **Stay safe and stay healthy!**