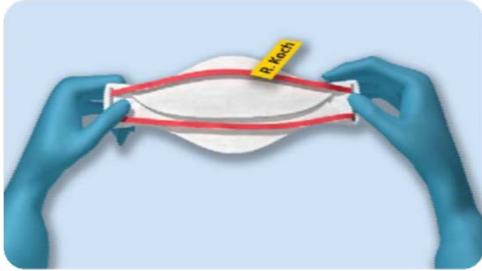




How to safely put on respirator masks and protective goggles



1. Use clean gloves

Alternatively put on the respirator mask and protective goggles with just washed or disinfected hands.



2. Completely unfold the mask

Become familiar with the type of mask that you use beforehand.



3. Put on the mask

Starting with the chin, place the body of the mask over the mouth and nose. Pull the band over your head with your other hand.



4. Correctly position the bands

Place the upper band over the ears and the lower around the neck. Both bands should be flat, should not be twisted and not pinch.



5. Adjust the fit of the mask

Adjust the upper part and lower part of the body of the mask so that the mask fits snugly and comfortably and does not slip while working.



6. Adjust the nose clip

Press the nose clip lightly on the bridge of the nose with your index finger. Use your other hand to adjust the nose clip to the shape of your nose. This is to ensure that there are no gaps above the bridge of the nose and the mask is sitting snugly.



7. Put on the protective goggles

Put on the disinfected protective goggles with one hand and use the other hand to pull the band over your head.



8. Correctly position the band

The band should be flat against the head, should not be twisted and not pinch.



9. Adjust the protective goggles

Position the protective goggles so that they fit comfortably. The bottom of the goggles should be touching the respirator mask and the top of the goggles should fit snugly on the forehead.



10. Check the correct position

Check that the respirator mask and the protective goggles are correctly positioned, for example using a mirror or asking someone to help.

Regular training increases safety when using personal protective equipment (PPE) !

This shows an example with a folding respirator mask with an exhalation valve and with protective goggles. Other models of respirator masks – e.g. cup-shaped masks or masks without an exhalation valve – can also be used.

WARNING: Respiratory masks with exhalation valve do not protect other people from the wearer but protect the wearer only - unless the exhalation valve is covered by a fleece according to DIN EN 14683.





Respirator mask without or with exhalation valve?



Respirator mask without exhalation valve

- ▶ filters inhaled and exhaled air
- ▶ protects the wearer from other people as well as other people from the wearer

▶ reduces absorption and transmission of infectious agents



Respirator mask with exhalation valve*

- ▶ filters inhaled air only
- ▶ protects the wearer from other people but NOT other people from the wearer

▶ reduces absorption but not transmission of infectious agents

▶ Exhalation valve:

- less (breath) resistance during exhaling
- less accumulation of heat and humidity
- ▶ prolongs wearing period

Further information about management of patients–

www.rki.de/covid-19

Further information about occupational health and safety standards–

www.baua.de

*Respirator masks with an exhalation valve protect the wearer from other people, but NOT other people from the wearer – unless the exhalation valve is covered by a fleece according to DIN EN 14683.