**N95 User Seal Check**

### Important notes

1. With any N95, you should always **perform a seal check** each time it is donned. **Follow** the manufacturer’s manual for best practice.

   **Each time, Every time. Your Safety Depends on it.**

2. If you are reusing the mask, use **gloved hands**.

### Positive pressure user seal check

1. **Exhale** gently while blocking the paths for air to exit the face piece.

2. Ensure that the face piece is slightly pressurized before pressure causes outward leakage.

### Negative pressure user seal check

1. **Inhale** sharply while blocking the paths for air to enter the face piece.

2. Ensure that the face piece collapses slightly under negative pressure that is created with this procedure.

### If you can’t achieve a proper seal...

1. If the air leaks out between your face and the respirator, the respirator does not fit your face properly.

2. **DO NOT** enter a hazardous area.

3. **Readjust** the respirator and check the seal again.

4. If you are still unable to get a good seal, **talk** to your supervisor for a new N95.