

# Using Disposables Respirators

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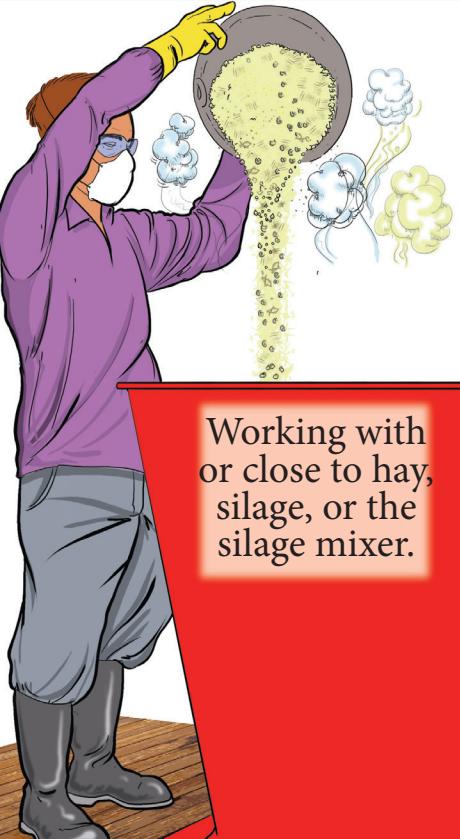


**Bassett Healthcare Network**  
New York Center for Agricultural  
Medicine and Health

**Disposable respirators protect your lungs from dusts, chemical mists and droplets, but they  
DO NOT PROTECT you from chemical vapors or gases like formaldehyde.**

**Use of disposable respirators is recommended for:**

Cleaning barn stalls and aisles.

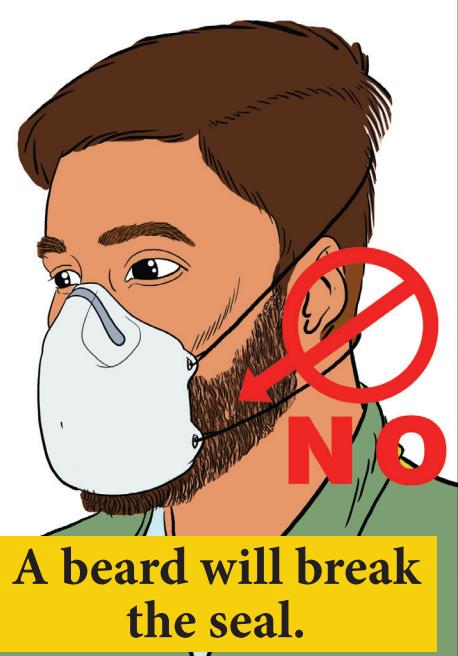


Working with  
or close to hay,  
silage, or the  
silage mixer.

Spreading sawdust or other  
dusty bedding material.



A respirator will only  
protect you if you use it  
correctly and have a good  
fit & seal.



**A beard will break  
the seal.**

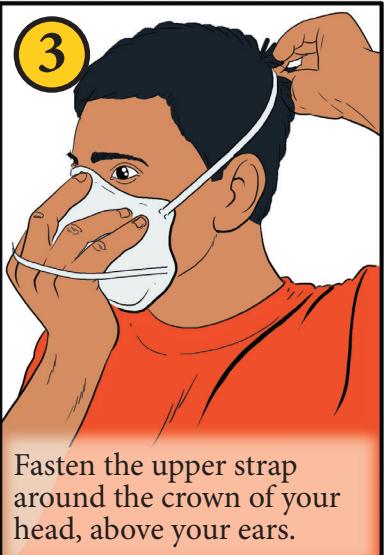
**To put on a disposable respirator:**



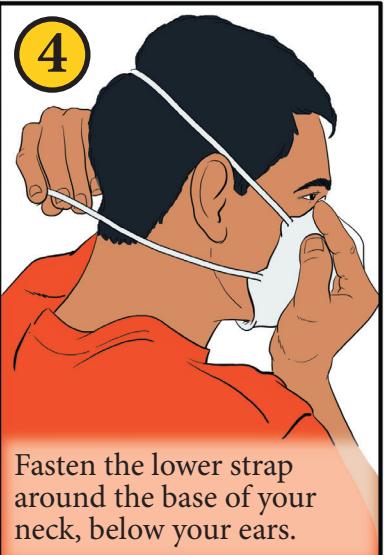
Hold the mask with the  
metal nosepiece touching  
your fingertips.



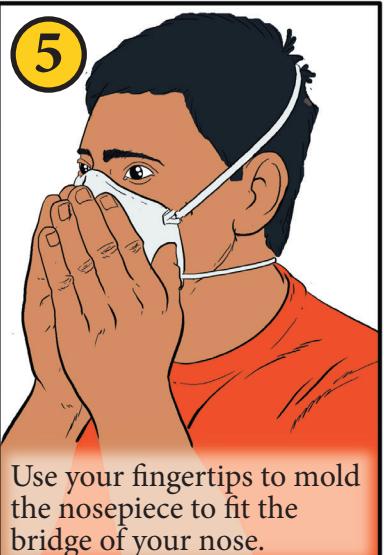
Hold the respirator up to  
your nose and mouth.



Fasten the upper strap  
around the crown of your  
head, above your ears.



Fasten the lower strap  
around the base of your  
neck, below your ears.



Use your fingertips to mold  
the nosepiece to fit the  
bridge of your nose.



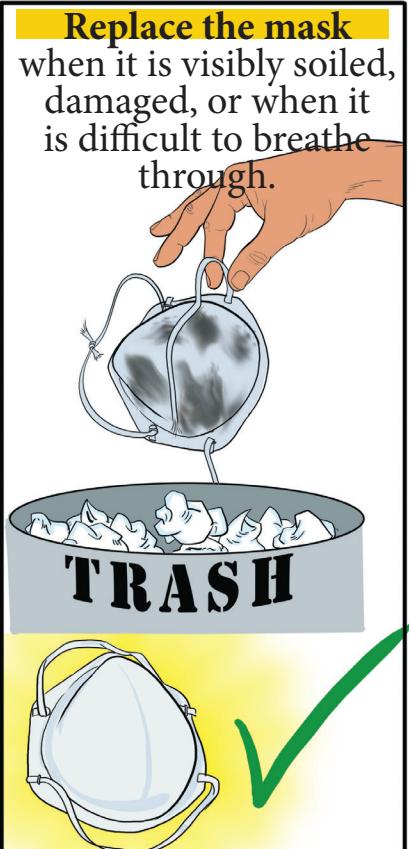
**6 Do a seal check!**  
With both hands covering your  
respirator, inhale and exhale. If you feel air  
escaping near your eyes or chin, adjust the  
mask again.



Take off the respirator  
the same way you put  
it on.



When you are not using the  
respirator, store it in a clean and  
dry place.



**Replace the mask**  
when it is visibly soiled,  
damaged, or when it  
is difficult to breathe  
through.