



N95 RESPIRATORS

also called filtering face piece respirators, are regulated under the Occupational Health and Safety Administration (OSHA) and managed through the University's Respiratory Protection Program. When worn correctly, N95 respirators are capable of filtering 95% of airborne particulate at .3 microns or larger. Some employees at the UO may be required to wear an N95 during certain tasks because of a hazard assessment or an OSHA regulation. Employees who choose to, may voluntarily use an N95 even if it is not required for their work. Steps to begin wearing an N95 vary depending on required versus voluntary use.



Example of an N95 respirator

STEPS FOR REQUIRED USERS

- Contact Environmental Health and Safety (EHS) at ehsinfo@uoregon.edu and let them know you are required to use an N95 for your job.
- Take the online “Respiratory Protection: N95 Only” training – EHS will provide you a link to MyTrack
- Complete a medical questionnaire – a physician at University Health Services will review the information to determine if you are medically fit to wear a respirator.
- Schedule a fit test and a demonstration of mask use. During the fit test, a hood will be placed over your head to create an artificial atmosphere to ensure that the fit is effective.

STEPS FOR VOLUNTARY USERS

- Contact EHS to let them know that you would like to voluntarily use an N95 for your job.
- EHS will then provide you with a link to take the online “Respiratory Protection: N95 Only” training through MyTrack
- Complete the “Voluntary Respirator Use” form and return it to EHS.
- Although not required, voluntary N95 users can reach out to EHS to schedule a fit test to ensure that the N95 has an effective fit.

WHAT TO DO!

- Speak to your supervisor before using an N95 in the workplace!
- Only wear an N95 for protections from the hazards it is designed for – N95s are not made for protection against chemical vapors, toxic gases, low oxygen, or dust containing asbestos, lead, or silica.
- Always follow the manufacturer’s guidelines for safe use!
- KN95 masks offer similar protection and are much easier to wear for long periods of time, making them a good alternative when an N95 is not required.
- KN95 masks are NOT respirators, so no additional training or paperwork is required to wear them. They are available at various campus locations, including Science Stores.
- N95 respirators can be purchased at Science Stores, after you are verified by EHS as having completed the use requirements.
- Bring questions to your supervisor and direct additional questions to EHS.

