

# Wearing a P2/N95 mask

When there is bushfire smoke at your workplace



Bushfire smoke contains small, dangerous particles called PM2.5.

When breathed in, they are small enough to go deep into the lungs and enter the bloodstream.

PM2.5 particles can harm your health, particularly if you have a heart or lung condition, including asthma.

Wearing a P2/N95 mask should only be worn when working in smoke is unavoidable. Where possible, you should postpone work or time work shifts to avoid smoky periods, or move work sites away from smoke.

If your P2/N95 mask or respirator comes with manufacturer instructions on how to wear, please follow those instructions. If not, this infographic explains how to fit a P2/N95 mask in 6 simple steps.

**Only use a P2/N95 mask if you work outdoors and cannot avoid bushfire smoke.**

## How to fit and wear a P2/N95 mask:

### STEP 1:

Remove anything that could be tangled in the mask such as glasses or hats.



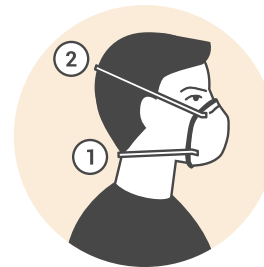
### STEP 2:

Put the mask over your mouth and nose with the metal strip on the top of the nose.



### STEP 3:

Pull the straps over to the back of your head and base of the neck.



### STEP 4:

Squeeze the metal strip across the top of nose to create a seal.



### STEP 5:

Press the edges of the mask against your face. Gently breathe to check the seal against your face is intact.



### STEP 6:

If the mask is not drawn towards your face, or air leaks, adjust it by repeating the previous steps.



P2/N95 masks are only effective when they create a tight seal with the face.

Facial hair stops a tight seal forming. The face should be smooth or clean shaven for the P2/N95 mask to work.

If you can't create a tight seal, the mask may be faulty or may not fit your face shape. You may need to try a different size or style of mask.

### Do not use:



Surgical masks



Cloth masks



Tissues



Bandanas



Face shields

**They do not protect you from bushfire smoke.**