



Three Tips For Safer Breathing On The Job

(NAPSA)—Here are a few facts on workplace health and safety that may help you breathe easier: Millions of people around the world rely on respirators to help protect themselves from airborne contaminants. From agriculture to health care to construction and beyond, properly selecting, fitting and using disposable respirators can help keep workers protected.

If you or a loved one works in an environment where an N95 respirator is worn, you should always read and follow the user instructions. Here are three reminders to help you protect yourself:

1. Breathability means comfort. When using a respirator, comfort is key. The air you exhale is hot and humid, can fill your respirator cavity and may make your face feel damp or uncomfortable. Respirators with an exhalation valve can make a great difference when it comes to breathability—helping to keep you comfortable when you're working hard.

2. Fit is essential. The fit of your respirator affects the seal and ultimately the level of protection the respirator provides—and that's why fit testing is required when a respirator is chosen and why a user seal check is required before every single use. If the fit or seal of your respirator is ever compromised during use, stop work immediately, exit the worksite, see your supervisor and do not return to the contaminated area until your respirator fits and functions properly.



Understanding why and how to use a workplace respirator can save your life.

3. Each day really does matter. Respiratory diseases are one of the most common workplace health issues. Exposures can be cumulative, so take a few minutes on your own or with a supervisor to question your or your loved one's respirator safety:

- Are you wearing a respirator whenever you're exposed to airborne contaminants at work?
- Is it time for a new respirator?
- Do you need a refresher on performing a user seal check?
- Are your colleagues properly donning their respirator?

These tips can have a positive, lasting effect on your health and that of others in your workplace for decades to come.

Learn More

For further information, go to www.3M.com/N95.