UAlbany provides disposable respirators for voluntary use in non-hazardous atmospheres. Before wearing a disposable respirator, make sure you know its limitations and how to use it.

**WHAT DOES A DISPOSABLE RESPIRATOR DO?**

- Disposable respirators filter solid and liquid particles such as dusts, pollen, welding fumes, and mists.
- These respirators do NOT protect against gases/vapors (e.g., gasoline, paint vapors).
- These masks filter air; they do NOT provide oxygen. Therefore, they must never be used in an oxygen-deficient environment.

**WHAT DO THE LETTERS AND NUMBERS MEAN?**

- **N95**
  The letter “N” means the respirator is NOT oil-resistant; oily mists will degrade it. “R” or “P” would indicate that the filter is oil-RESISTANT or oil-PROOF.
  The “95” indicates that the mask filters 95% of particulates. A “100” would indicate 99.97% efficiency.

**HOW DO I SAFELY USE THE MASK?**

- Disposable respirators are meant to be “single use” respirators. Dispose of it at the end of the shift and when it becomes dirty or damaged.
- Keep track of your mask and do not use someone else's.
- Facial hair will prevent the mask from fitting properly.
- Follow the manufacturer’s instructions on use, maintenance, and warnings regarding the respirator’s limitations.

**HOW DO I PUT ON A DISPOSABLE RESPIRATOR?**

1. Hold the disposable respirator as shown, letting the straps fall around your hand.
2. Position the mask over your mouth and nose. Place the top strap above your ears. Place the bottom strap around your neck.
3. Mold the metallic strip to your nose using both hands.