

HS-WKI-0002 – Mask Fitting, Removing & Disposing Work Instruction

Health, Safety & Environmental | Communication

Security Class: PowerNet Employees & External (with NDA's)

PURPOSE

Provide guidance to employees on the fitting, removal and disposal of face masks in field based and office based environments.

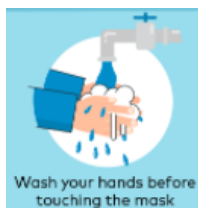
INTENDED AUDIENCE

All PowerNet Staff and External Contractors.

PPE

- N95 / P2 Respirator Face Mask
- Single Use Face Mask

Single Use Face Masks Fitting Instructions:



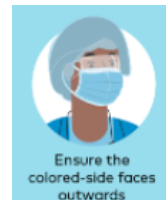
Step 1: Wash your hands before touching the mask



Step 2: Inspect the mask for tears or holes



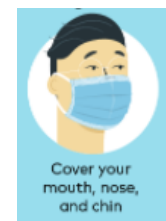
Step 3: Find the top side, where the metal piece or stiff edge is



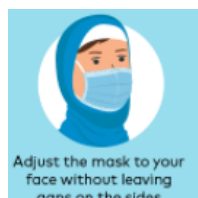
Step 4: Ensure the coloured-side faces outwards



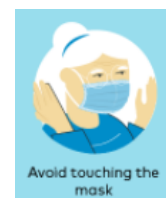
Step 5: Place the metal piece or stiff edge over your nose



Step 6: Cover your mouth, nose and chin



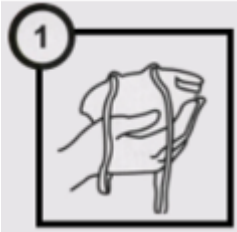
Step 7: Adjust the mask to your face without leaving gaps on the sides



Step 8: Avoid touching the mask



N95 / P2 Respirator Fitting Instructions:



Step 1: Hold the respirator in your hand with the nosepiece at your fingertips, allow the head bands to hang freely below your hand



Step 2: Press the respirator firmly against your face with the nosepiece on the bridge of your nose.



Step 3: Stretch and position the top band high on the back of the head. Stretch the bottom over the head and position below your ears.



Step 4: Using both hands, mold the nosepiece to the shape of your nose.



Step 5: To test fit:

- A. Cup both hands over the respirator being careful not to disturb the position.**
- B. Inhale vigorously. If air leaks around the respirator edges, reposition the straps or adjust the strap tension to achieve a better fit.**

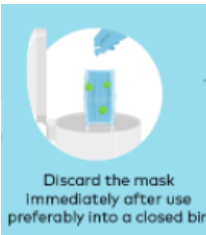
Single Use and N95 / P2 Mask Removal & Disposal Instructions:



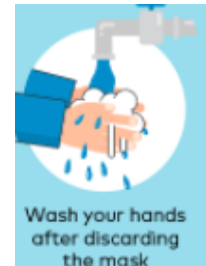
Step 1: Remove the mask from behind the ears or head



Step 2: Keep the mask away from you and surfaces while removing it



Step 3: Discard the mask immediately after use preferably into a closed bin



Step 4: Wash your hands after discarding the mask

Mask Wearing with Facial Hair

It has been recommended by the Ministry of Health to shave or trim facial hair to achieve a better level of fit with your mask.

