

Frequently Asked Questions



Everything you need to know so you can show up to your mask fit test appointment a pro.

What can I expect at my mask fit test?

3M provides a great YouTube [video](#), which outlines the steps in the mask fit test. Your mask fit appointment will take roughly 15 minutes.

What is an N95 mask (N95 respirator)?

An N95 filtering facepiece respirator (N95 respirator) is a respiratory protective device that has been certified to certain test criteria set by The National Institute for Occupational Safety and Health (NIOSH). The criteria are based on the percentage of small particles the device filters from the air when it is properly used.

Do I have to shave my facial hair?

Yes! The National Institute for Occupational Safety and Health (NIOSH) published this very clear and creative [poster](#), which helps workers determine which facial hairstyles are acceptable when using filtering facepiece respirators.

How do I put on and take off my N95 mask?

Public Health Ontario published this clear and concise [poster](#), which outlines the steps for donning and doffing of your PPE.