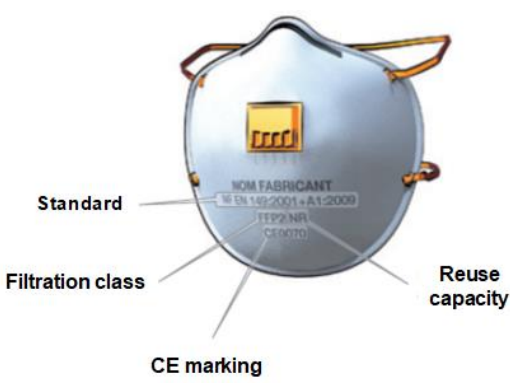


COVID19 - FFP2 and FFP3 masks (personal protective equipment at the laboratory)

Your employer, the director of your research unit or your research structure is in charge of it	
Who supplies it?	Available at your workstation
What kind of mask?	<p>This mask is a personal protective equipment (PPE) FFP2 or FFP3</p> <p><i>NF EN 149 standard</i></p>  <p><i>Mask FFP2 INRS ED6106</i></p>
Where to wear it?	At your workstation, following the occupational risk assessment, if your tasks may expose you to some hazard, especially a biological one
Why to wear it?	<u>Protect yourself</u> from an external contamination you would be exposed to in your professional activities
How to wear it?	<p>Read the following figure and remember these basic instructions:</p> <ul style="list-style-type: none"> → Wash your hands with water and soap or use a hydro-alcoholic solution before putting on and after removing the mask → Hold the mask by its strings to put it on → Be sure the mask is fitted and covers mouth and noze → For removal : release strings to remove the mask from your face. Do not touch the interior or the exterior of it

How to put on my FFP2 mask ?



I wash my hands



I set my mask into the right position - nosepiece on top



I pull the straps to the back of my head, one at the crown hand one below my ear



I check that it covers my nose, mouth and chin



I pinch the stiff edge to shape it to my nose



I only touch the strings to remove it



I discard my mask and wash my hands

Credit images : Wikihow & INRS

What to be avoided?

Do not:

- Touch it or readjust it once it is fitted
- Place it on your front or on your chin in a standby position

When to change it?

- When you leave the workstation where this PPE is required, the mask must be disposed into biological waste
- If the mask is getting wet
- If the mask is damaged

When you have been wearing the mask **for the maximum time indicated by the supplier**, it must be removed and disposed into biological waste

Warning : this mask is no substitute for the barrier gestures.

It only adds a physical barrier, when you are in close contact with other people



Stay at a distance of 1 m at least (3 feet) – or in a safe area of 4 m² (45 sqf)



Wash your hands regularly with water and soap, or use a hydro-alcoholic solution,

particularly when arriving at work, before lunch, after getting to the bathroom, after sneezing / coughing / blowing your noze, anytime you manipulate your face mask



Cough or sneeze inside your elbow
When you are face-to-face with a coughing person, step back and **stay at a range of 1 m at least (3 feet)**



Use a disposable handkerchief and throw it away



Do not touch your face



Greet one another without shaking hands or kissing each others

Credit images : © Service de santé des armées - BCISA