

## HOW TO WEAR SURGICAL MASKS

It is important to wear and dispose of the mask properly, otherwise it can be a source of infection from any viruses or bacteria that may be on it.

Before opening, putting on or removing a mask, you must wash your hands. To wear masks correctly you must:

- Wash your hands thoroughly for at least 30 seconds;
- Place the mask on the face so as to cover the nose and mouth;
- (if with ties) Position the upper ties, tighten them and tie them so as to keep the upper edge of the mask on the nose and the mask close to the face;
- (if with ties) Position the lower ties on the nape of the neck, tighten them and tie them so that the mask sits against your face;
- (if with ear loops) insert your fingers into both loops (from the outside) and place the loops behind the ears, opening the mask as you do so;
- Pull the surgical mask from the top and bottom to open up the folds and spread it fully across your face;
- Bend the strip on the nose so that it moulds to the face;



Avoid touching the mask with your hands while wearing it. If necessary, wash your hands before and after touching the mask.

To remove them:

- Wash your hands
- (if with ties) Untie the lower ties;
- (if with ties) Untie the upper laces taking care to not drop the mask;
- Slowly bring your hands forward;
- Dispose of the mask according to the proper procedure, taking care not to touch the inside, as this could be a source of infection.
- Wash your hands

**WHEN TO USE A MASK:** to be used when it is not possible to keep a safe distance from other people.

**HOW LONG:** as needed and at most until the mask moistens with the breath as per WHO indications. In any case no longer than the work shift.

**L'utilizzo della mascherina**

**COME SI INDOSSA**



Va presa per gli elastici senza toccare la mascherina e deve coprire naso e bocca aderendo al viso

**COME SI TOGLIE**



Va presa dall'elastico, ripiegata su stessa senza toccare l'esterno e buttata nell'indifferenziato

■ La mascherina è monouso

■ Non bisogna comunque avvicinarsi a meno di un metro dalle altre persone

← **1m.** →

■ Non protegge gli occhi dalle cui mucose può passare il virus



Using a mask

**HOW TO PUT IT ON**

Take it by the loops without touching the mask and cover the nose and mouth, ensuring that it sits close to the face.

**HOW TO REMOVE IT**

Take it by the loops without touching the outside, throw it into the general waste.

The mask is not to be reused.

In any case, stay at least one metre away from other people.

It does not protect the eyes, and the virus can pass through the mucous membrane of the eyes

## HOW TO PUT ON DUST MASKS

It is important to wear and dispose of the dust mask properly, otherwise it can be a source of infection from any viruses or bacteria that may be on it.



Before opening, putting on or removing a dust mask, you must wash your hands.

To wear dust masks correctly you must:

- Only handle the PPE with clean hands
- The face must not have a beard, moustache and sideburns and must be well shaved, as the presence of facial hair does not allow the PPE to remain in close contact with the face
- Open the shell-shaped dust mask and mould the metal strip located at the top into an arc shape bring both bands to the front of the filter mask and rest the mask on the face, positioning the lower part below the chin and the pre-shaped nose piece on the nose, bring the lower band behind the head below the ears and the upper band to the top of the crown.
- Mould the nose strip to the shape of the face using both hands at the same time and adjust the position of the dust mask on the face until you have the feeling that there is no tightness or folds in the sealing points along the edge.
- Check the tightness of the dust mask by placing both hands on the device to hold it in place and breathe in or out quickly, depending on whether it is a device with or without a valve.

When you have done this test, you should feel no air leaks from the edges.



Avoid touching the dust mask with your hands while wearing it. If necessary, wash your hands before and after touching the dust mask.

Dust mask removal and disposal.

- Wash your hands
- Remove the PPE by the loops, bringing them to the front;
- Remove the PPE, moving it using the loops;
- Dispose of the mask according to the proper procedure, taking care not to touch the inside, is this could be a source of infection.
- Wash your hands.
- Do not reuse the device once removed even if it shows no signs of being dirty.

## COME INDOSSARE UN FACCIALE FILTRANTE FFP1, FFP2, FFP3

MODALITÀ D'INDOSSAMENTO ED UTILIZZO GENERICHE

**NOTA:** fare riferimento alle specifiche istruzioni fornite con i prodotti per maggiori dettagli

UNA VALIDA PROTEZIONE SI OTTIENE SOLO SE IL DISPOSITIVO È INDOSSATO CORRETTAMENTE.  
SEGUIRE ATTENTAMENTE LE MODALITÀ D'INDOSSAMENTO E VERIFICARE LA TENUTA AL VOLTO DEL DISPOSITIVO COME ILLUSTRATO.



**1** Tenere il respiratore in mano con lo stringinaso verso le dita lasciando gli elastici liberi sotto la mano.

**2** Posizionare il respiratore sul volto con la conchiglia sotto il mento e lo stringinaso verso l'alto.

**3** Posizionare l'elastico superiore sulla nuca. Posizionare l'elastico inferiore attorno al collo al di sotto delle orecchie.

**4** Posizionare le dita di entrambe le mani sulla parte superiore dello stringinaso. Premere lo stringinaso e modellarlo muovendosi verso le sue estremità. Evitare di modellare lo stringinaso con una sola mano poiché può causare una diminuzione della protezione respiratoria.

**5** La tenuta del respiratore sul viso deve essere verificata prima di entrare nell'area di lavoro.

- Coprire con le due mani il respiratore evitando di muoverlo dalla propria posizione.
- Espirare rapidamente. Una pressione positiva all'interno del respiratore dovrebbe essere percepita. Se viene avvertita una perdita, aggiustare la posizione del respiratore e/o la tensione degli elastici e ripetere la prova.
- Per respiratori con valvola: coprire il respiratore con le mani, inspirare rapidamente. Se si sentono perdite dai bordi riposizionare il facciale fino a ottenere una perfetta tenuta sul volto.

### HOW TO WEAR A FFP1, FFP2 OR FFP3 DUST MASK

#### GENERAL WEAR AND USAGE INSTRUCTIONS

NOTE: refer to the specific instructions supplied with the products for more details

THE DEVICE ONLY OFFERS FULL PROTECTION WHEN WORN CORRECTLY. CAREFULLY FOLLOW THE WEAR INSTRUCTIONS AND CHECK THAT THE DEVICE IS SEALED TO THE FACE, AS ILLUSTRATED.

1. Hold the dust mask in your hand with the nose strip next to your fingers, letting the loops hang loose beside your hand.
2. Place the dust mask on your face with the shell under your chin and the nose strip at the top.
3. Place the upper loop around the crown of your head. Place the lower loop around the neck, below the ears.  
NOTE: do not use if you have a beard or long sideburns, which do not allow direct contact between the face and the sealing edges of the dust mask.
4. Place the fingers of both hands on top of the nose strip. Press the nose strip and shape it by moving the fingers outwards. Avoid moulding the nose strip with one hand as it can result in decreased respiratory protection.
5. Make sure the dust mask is tight against the face before entering the work area.
  - Cover the dust mask with both hands, trying not to move it out of position.
  - Exhale quickly. You should feel positive pressure inside the dust mask. If you feel a leak, adjust the position of the dust mask and/or the tightness of the loops and repeat the test.
  - For valve respirators: cover the dust mask with your hands, inhale quickly. If you feel leaks from the edges, reposition the dust mask until it is sealed to the face.

## HOW TO WEAR PROTECTIVE GLOVES

Disposable vinyl or nitrile gloves are used to prevent infections, as the virus can survive on surfaces for a long time, and the COVID-19 infection occurs as a result of simple contact. Gloves can be an effective barrier, provided that some basic good practices are observed, as suggested by the National Health Institute.

Before putting on gloves you need to wash your hands with water and soap or an alcoholic solution for 20 - 30 seconds. Take the gloves at the top and put them on.

Even when wearing gloves, it is important to continue to sanitise the hands frequently, washing them with soap and water or - when this is not possible - with the disinfectant solutions currently on the market (gel, wipes, etc.).

Hand washing should be thorough and last at least 20 seconds.



### CHANGE GLOVES AFTER EVERY USE

Disposable gloves, as the name implies, can only be used once and must be disposed of properly after their use. Reuse makes them less useful as it cancels out their effectiveness.

The gloves must therefore be changed after each single use, or in any case when they become dirty.



### WHEN USING GLOVES, DO NOT TOUCH YOUR EYES, NOSE OR MOUTH

The purpose of latex gloves is to prevent the virus that may be present on the surfaces we touch from coming into contact with our body. So if we touch our eyes, nose or mouth - which are the preferred ways for the virus to enter the body - with gloves on, we cancel out their effect.

## HOW TO REMOVE DISPOSABLE GLOVES CORRECTLY

The purpose of this simple technique is to never touch the skin with the potentially infected external part of the glove.

1. Pinch the glove at the wrist, with the thumb and forefinger of the opposite hand.
2. Lift the glove and take it off, turning it inside out.
3. With your now glove-less hand, slide your finger under the edge of the glove on the opposite hand.
4. Lift the glove and take it off, turning it inside out.
5. Wash your hands.



## CORRECT REMOVAL OF CONTAMINATED GLOVES

Photos showing the sequence

## WHERE TO DISPOSE OF DISPOSABLE GLOVES

Regardless of the material they are made of, gloves must be disposed of in general waste.