

Form for Voluntary Respirator Use

Some employees, students, or staff may choose to use filtering facepiece respirators, also referred to as N95 disposable dust masks, on a voluntary basis during the current Wild Fires (Cal Osha Title 8: Section 5141.1 Protection from Wildfire Smoke).

According to the Occupational Safety and Health Administration (OSHA) regulations, the district must provide you with the following information if you wear a filtering facepiece respirator voluntarily. After reading the information below, please complete the section at the end of this form.

Information for Employees Using Respirators When Not Required Under the Standard 29 CFR 1910.134, Appendix D - (Mandatory)

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, you need to take certain precautions to be sure that the respirator itself does not present a hazard.

You should do the following:

1. Read and heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirator's limitations.
2. Choose respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services, certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.
3. Do not wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.
4. Keep track of your respirator so that you do not mistakenly use someone else's respirator.

The filtering facepiece respirator you have elected to use is approved, when fitted properly, for use against nuisance non-hazardous particulate (e.g., wild fire particulate matter 2.5 micrometers). It will not provide protection from any chemical vapors such as those associated with spray paints or solvents or smoke. It is not intended for use during work that may involve exposure to airborne asbestos fibers, silica dust, or lead dust. Work you perform that may involve airborne asbestos fibers, silica dust, or lead dust should be reviewed by Risk Management Office before the project proceeds.

If you have questions concerning any of this information, please call the Risk Management Office at 909-652-6550 or 909-652-6523.

Please complete the section below:

Name (print): _____ Position Title: _____

Department: _____ Supervisor: _____

Location of Use (campus): _____

Reason for using dust mask (describe nature of work, specific location, and type of dust): Wild Fire Particulate Matter 2.5 micrometers

I acknowledge that I have read the information in this document and have received a copy of the information for voluntary use of respirators when not required under the Standard T8 CCR 5144.

Signature: _____ Date: _____

Helping You Wear it Right

Particulate Respirator

Application

Always read and follow User Instructions.



1 Cup the respirator in your hand with the nosepiece at fingertips, allowing the head straps to hang freely below hand.



2 Position the respirator under your chin with the nosepiece up.



3 While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head.



4 While continuing to hold the respirator firmly in place, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the respirator low on your nose.



5 Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.

Note: Always use two hands when molding nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.



Perform a User Seal Check

Check the seal of your respirator each time you use the respirator.

To perform the user seal check, place both hands completely over the respirator, being careful not to disturb the position, and exhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 5. If air leaks at respirator edges, adjust the straps back along the sides of your head. Perform seal check again if an adjustment is made. **If you cannot achieve a proper fit, see your supervisor. Do not enter area requiring respirator use.**

Removal



1 Without touching the respirator, slowly lift the bottom strap from around your neck up and over your head.



2 Lift off the top strap. Do not touch the respirator.



3 Store or discard according to your facility's infection control policy.

WARNING

Respirators help protect against certain airborne contaminants. Before use, the wearer must read and understand the *User Instructions* provided as a part of the product packaging. Follow all local regulations. In the U.S., a written respiratory protection program must be implemented meeting all the requirements of OSHA 29 CFR 1910.134 including training, fit testing and medical evaluation. In Canada, CSA standards 294.4 requirements must be met and/or requirements of the applicable jurisdiction, as appropriate. **Misuse may result in sickness or death.** For correct use, consult supervisor and *User Instructions*, or call 3M Personal Safety Division (PSD) Technical Service in the U.S. at 1-800-243-4630. In Canada, call 1-800-267-4414.