

DOCUMENTATION OF EMPLOYEE TRAINING

OSHA 29 CFR §1910.134, APPENDIX D

VOLUNTARY USE OF FILTERING FACEPIECE RESPIRATOR

After reviewing this brochure the employee should detach and sign this form and the supervisor should maintain a copy in the employee's training file.

Training Date: _____

Supervisor: _____

Trainer: _____

I have received and understand instruction in ODFW's policy for the voluntary use of facepiece respirator pursuant to OSHA regulation **29 CFR §1910.134 Appendix D**

Employee

Print Name: _____

Sign Name: _____

****** NOTE ******

Maintain this form in the employee training file.

MASK EXAMPLES



Disposable Particulate Mask, N95 or equivalent



Disposable Particulate Mask with Valve, N95 or equivalent

OSHA 29 CFR §1910.134, APPENDIX D

VOLUNTARY USE OF FILTERING FACEPIECE RESPIRATOR

Oregon OSHA's respiratory protection program allows the use of filtering facepiece respirators as good practice on a voluntary basis. ODFW employees have the option to use filtering facepiece respirators whenever they feel a situation or task may be dusty or wish to avoid conditions such as pollen exposure when cutting lawns, using leaf blowers, changing filters in HVAC systems etc. None of these exposures would normally exceed recommended exposure limits but the use of a filtering facepiece respirators may be considered good practice to avoid unwanted particulate exposures or employee discomfort.

Oregon OSHA requires that each employer allowing voluntary use of filtering facepiece respirators make it clear to employees about the general safety issue in wearing these masks and to ensure that employees notify their supervisor if they believe the exposure may be hazardous. The information contained in this brochure is from the standard.

This brochure is to be used to address the voluntary use of filtering facepiece respirators when used for nuisance particulates only. Employees voluntarily using any other type of respirator must follow the guidelines set forth in OAR 437 Division 2 §1926.103 and ODFW's Respiratory Protection Policy.

CUT HERE TO REMOVE FORM

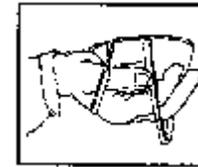
**INFORMATION FOR EMPLOYEES
USING FILTERING FACEPIECE
RESPIRATORS WHEN NOT REQUIRED
UNDER THE STANDARD**

Filtering facepiece respirators are an effective method of protection against designated hazards when properly selected and worn. Filtering facepiece 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 they are used improperly or not kept clean, the filtering facepiece respirator itself can become a hazard to the worker. Sometimes, workers may wear these filtering facepiece respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your supervisor provides filtering facepiece respirators for your voluntary use, or if you provide your own, you need to take certain precautions to be sure they do 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 dust masks limitations.
2. Choose a mask 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 these masks. A label or statement of certification should appear on the mask or the packaging. It will tell you what the mask is designed for and how much it will protect you.
3. Do not wear your the mask into atmospheres containing contaminants for which it is not designed to protect against. For example, a mask 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 mask so that you do not mistakenly use someone else's.
5. Discard and replace disposable masks when they become soiled, damp or in any way contaminated.

How to fit your dust/mist mask



1. Hold respirator in hand with molded nose contour (narrow end) at fingertips, allowing headstraps to fall below hand.



2. Place respirator under chin with molded nose contour (narrow end) up.



3. Pull shorter bottom strap over head, below ears, to around neck. Raise longer top strap to top back of head. Adjust respirator for comfortable fit.



4. To check fit, cup both hands over respirator and exhale deeply. If air leaks at respirator edges, adjust straps back along the sides of the head.