

# Berkeley Lab Respiratory Protection

## Appendix I. Training Review Guidelines

This respirator has been issued to you for a specific airborne contaminant. **IT WILL NOT PROTECT YOU FROM OTHER CONTAMINANTS.**

The following are reminders of the instruction you have received:

**MAINTENANCE** check before each use:

- Sealing surface is clean and free of cracks and holes.
- Inhalation and exhalation valves are clean and seated properly.
- Straps are sufficiently elastic and free of worn areas.

**CHECK OF PROPER FIT AND FUNCTION** prior to each use:

- Positive pressure user seal check (close off exhalation valve and exhale)
- Negative pressure user seal check (close off cartridges and inhale)

**CLEAN MASK ON A REGULAR BASIS** with a mild soap and warm water solution and allow it to air dry overnight. (Make sure the cartridges/filters are removed from the respirator before cleaning).

**STORE** respirators and filter cartridges in ziplock storage bags, or another protective enclosure, away from excessive heat sources, contaminated work areas, and harsh chemicals.

**DO NOT STORE** items on top of respirator that could deform the facepiece shape.

Be familiar with the **CHEMICAL PROPERTIES** of the substance you are using the respirator to protect yourself from. Some chemicals require the cartridges to be changed every 4-8 hours, regardless of exposure level. Consult the MSDS or EHSS for this information.

**CHANGE CARTRIDGES/FILTERS** as required. (IMPORTANT – In addition to following cartridge change schedules, change cartridges/filters if you experience an increased resistance in breathing or when you taste or detect contaminant odors while wearing your respirator).

**MASK TO FACE SEAL** must be unobstructed by facial hair. You must be clean-shaven to obtain an effective seal.

- If you use safety equipment that may interfere with the sealing of your respirator, you need to be fit tested with the PPE that you use.

This respirator has been assigned to you only - **DO NOT LOAN** it to anyone else.

**RETURN MASK** to the Industrial Hygiene Lab at your next fit test or when the job is finished.

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**QUANTITATIVE FIT TESTING** must be repeated immediately when any of the following has taken place:

- Weight change of 20 lbs. or more
- Facial scarring in the area of the facepiece seal
- Significant dental changes (multiple extractions without prosthesis or acquisition of dentures)
- Reconstructive or cosmetic surgery
- Any other condition that may interfere with the facepiece seal

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

EHSS Signature: \_\_\_\_\_ Date: \_\_\_\_\_