

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ **EMPLOYEE'S RESPONSIBILITIES** _____

Each worker who is required to wear a respirator has certain responsibilities. All workers who are issued a respirator should:

- Be fitted and medically evaluated to ensure you are capable of wearing a particular respirator.
- Always use respiratory equipment as instructed.
- Guard against damaging your respirator.
- Go immediately to an area of "clean air" if your respirator malfunctions.
- Report any malfunctioning of respiratory protective equipment to your supervisor. This would include such things as:
 - Discomfort
 - Resistance in breathing
 - Fatigue due to respirator usage
 - Interference with vision or communications
 - Restriction of movement

MEDICAL SCREENING

Using respirators is stressful to your body. Before any worker is issued a respirator it must first be determined if the respirator will affect their health. You must complete a medical questionnaire. It will be reviewed by a physician or licensed health care professional who will provide you with a copy of the results. You may be required to have a medical exam and will be notified.

Factors such as restricted air flow and the weight of some equipment increases the workload on the user. Workers who suffer from heat or lung disorders take unacceptable risks by using respirators. You may not be able to wear a respirator if you have:

- A history of asthma or emphysema
- Difficulty breathing
- Documented lung problems

- High blood pressure
- Artery disease
- Documented heart problems
- Missing or arthritic fingers
- Facial scars
- Claustrophobia (fear of tight spaces)

FIT TESTS

The respirator will not protect you if it does not fit properly. The face seal must be tight. Connections must be tight. The air you breathe must go through the filters, canisters or air supply system. If it does not, you are not protected.

Fit tests can be done to help ensure a good seal exists. The tests can be Quantitative or Qualitative. Quantitative Tests require special testing equipment that measures the exact levels of contaminants in the air you are breathing through your respirator. The tests are conducted and interpreted by an individual trained to use the equipment. Qualitative Tests are not as accurate as the Quantitative tests, but are easier to perform and generally provide enough information to assure a proper fit. Most tests introduce a substance into the breathing zone of the respirator being worn. If no odor is detected, the respirator is considered properly fit.

You will be asked to perform certain activities during the test and may have to try on several different brands of respirators before you find one that fits properly. Follow all the instructions you are given to ensure the respirator will provide the protection needed. Beards or bushy sideburns may prevent the respirator from sealing properly. Chewing tobacco and gum should not be used when wearing the respirator. Excessive facial movement could cause a break in the face seal. If you wear eye glasses, special mounting for glasses will be needed. A properly fitted full face respirator will stretch the skin at the temples.

Once you are fitted do not assume the respirator is fitted properly every time you wear it. Each time you put on your respirator check the fit of the seal. Workers can perform simple Positive and Negative Pressure checks in the field. Your supervisor will practice the Seal Checks with you.