

BASIC RESPIRATORY PROTECTION

Supplement to Standard Training Module

TRAINING REQUIREMENTS OVERVIEW

This standard Vivid training module provides a general overview of Respiratory Protection. It is important to note that facilities **must** have a written site-specific respiratory protection compliance program in place for employees who wear respirators. In addition, facilities **must** to train their employees on the specific plans and designate a Respiratory Program Administrator to oversee the program.

In addition to this general overview, employees who wear respirators in the course of their job or tasks must receive facility and plan-specific information. This additional training should cover:

- **Why the respirator is necessary**
- **Importance of proper fit**
- **Capabilities and limitations of the respirator**
- **How to use the respirator in emergency situations**
- **How to inspect, put on, remove, use and check the seals**
- **Cleaning, maintenance and storage of the respirator**
- **How to recognize medical symptoms that may affect the use of respirators**
- **General requirements of the respiratory protection standard**

Frequency: Respirator training **must** be provided before assigning employees to wear respirators, whenever significant changes occur in the workplace that warrant additional training and annually, thereafter.

GENERAL OVERVIEW OF THE STANDARD

RESPIRATORY PROTECTION – 29 CFR 1910.134

PURPOSE: To provide effective controls over hazards associated with the proper selection, fit, care and use of respirators in the workplace.

1. **SCOPE:** Applies to General Industry (part 1910), Shipyards (part 1915), Marine Terminals (part 1917), Longshoring (part 1918) and Construction (part 1926).
2. **PERMISSIBLE PRACTICE:** Acceptable engineering controls are required to be implemented to control worker exposures to breathing of harmful substances (dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors). When engineering controls alone do not provide adequate worker protection, the employer is required to provide respirators which are suitable for the intended use.
3. **RESPIRATORY PROTECTION PROGRAM:** Requirements are stated for when the employer must develop and implement a written respiratory protection program specific to its operation. The program must be administered by a suitably trained program administrator, and detail the following elements:
 - Procedures for selecting respirators
 - Medical Evaluations of employees wearing respirators
 - Fit testing procedures for tight-fitting respirators
 - Use of respirators in routing and emergency situations
 - Procedures for cleaning, disinfecting, storing, inspecting, and otherwise maintaining respirators
 - Employee training specific to the hazards they are exposed to
 - Training in proper use including putting on and removing respirators
 - Use and limitations of the specific respirator
 - Procedures for regularly evaluating program effectiveness

Voluntary Respirator Use - Employers may allow employees to use respirators on a voluntary basis even if conditions do not warrant the use of respirators provided that respirator use does not create additional hazards. However, the employer is required to:

- Establish those elements of a respiratory protection program necessary to ensure that voluntary users are medically able to wear a respirator, and that the respirator is properly cleaned stored and maintained. (does not apply to filtering facepieces or dust masks)
- Provide a copy of Appendix D of the standard to each employee who voluntarily uses a respirator

4. **SELECTION OF RESPIRATORS:** Employers must evaluate the respiratory hazard(s) and user factors that affect respirator performance or reliability, and base respirator selection on the following factors:
- Evaluate respiratory hazards, including considerations of the chemical state and physical form of the contaminant.
 - Use only NIOSH certified respirators
 - Ensure employees use respirators in accordance the respirators certified use
 - Provide a sufficient number of models and sizes of respirators to accommodate facial fit differences among workers

Additional requirements are stated for respirators used in atmospheres considered to be immediately dangerous to life and health (IDLH)

5. **MEDICAL EVALUATION:** Employees must be medically evaluated before being fit tested, or assigned to wear a respirator. This section details requirements for:
- Medical evaluation procedures
 - Follow-up medical examinations
 - Administration of the required medical questionnaire and examinations
 - Supplemented information to be provided to a physician or other licensed health care provider (PLHCP)
 - Written medical determinations to use a respirator
 - Additional medical evaluations
6. **FIT TESTING:** Employees wearing tight-fitting respirators must be fit-tested with the same make, model and size respirator as they will use in the workplace. The standard outlines details for fit-testing, including:
- Acceptable methods of fit testing - qualitative and quantitative fit tests
 - Requirements for fit testing:
 - prior to initial use
 - whenever a different type of respirator is issued
 - whenever employee physical attributes change
 - at least annually thereafter
 - Employee rights to select a different type of respirator
7. **USE OF REPIRATORS:** Employers must implement procedures for the proper use of respirators to minimize actions or conditions that would compromise the effectiveness of the respirator. Specific subtopics of this section detail requirements for:
- Face seal protection
 - Surveillance and work practices for continuing respirator effectiveness
 - Procedures for use of respirators in IDLH atmospheres
 - Procedures for interior structural firefighting

8. MAINTENANCE AND CARE OF RESPIRATORS: Requirements are stated for establishing applicable criteria for respirator:
 - Cleaning and disinfecting
 - Storage
 - Inspection
 - Repairs
 - Emergency use

9. BREATHING AIR QUALITY AND USE: This section requires employers who provide employees using atmosphere-supplying respirators with breathing gases of high purity. Specific requirements are detailed for:
 - Providing compressed or liquid air and oxygen
 - Use of compressed cylinders providing breathing air
 - Compressors and air coupling used to supply breathing air
 - Monitoring systems to prevent buildup of carbon monoxide

10. IDENTIFICATION OF FILTERS, CARTRIDGES AND CANISTERS: Filters, cartridges and canisters are required to be labeled and color coded with NIOSH approved labels.

11. TRAINING AND INFORMATION: This section specifies the training that must be provided to employees using respirators. Training must be comprehensive, understandable, and cover the following:
 - Why the respirator is necessary
 - Importance of proper fit
 - Capabilities and limitations of the respirator
 - How to use the respirator in emergency situations
 - How to inspect, put on, remove, use and check the seals
 - Cleaning, maintenance and storage of the respirator
 - How to recognize medical symptoms that may affect the use of respirators
 - General requirements of the respiratory protection standard

Training must be completed

 - Before initial use
 - Whenever there are changes in workplace conditions or exposures
 - Annually, thereafter

12. PROGRAM EVALUATION: Requires the employer to conduct evaluations of the written program at least annually to determine program effectiveness. Evaluations should include regular consultations with employees to obtain their views on program effectiveness. Factors to consider include:
 - Respirator fit

- Ability to use the respirator without interfering with work
 - Appropriate respirators for the hazards present
 - Proper use and maintenance of respirators
13. RECORDKEEPING: Requirements are stated for employer records retention, including:
- Medical evaluations
 - Fit testing
 - Training

REFERENCE MATERIALS

Website

OSHA Website:

<http://www.osha.gov/html/respirator.html>

- Contains OSHA reference and downloadable training materials.

<http://www.osha.gov/SLTC/respiratoryprotection/changeout.html>

- Contains links and information to help develop respirator change schedules

<http://www.osha.gov/OshDoc/Additional.html#SECG-RPS>

- Small Entity Compliance Guides - Contains various downloadable publications available from OSHA

http://www.osha.gov/SLTC/respiratory_advisor/mainpage.html

- Respiratory Protection Advisor – Contains information about change schedules and selecting the proper respirator (Viewed On-line)

http://www.osha.gov/SLTC/respiratory_advisor/mainpage.html

- Technical Links – Provides links to OSHA and NIOSH technical information about respiratory compliance and use.