

RESPIRATORS – FIT

IDENTIFY

With respirators, one size doesn't fit all.

Even with three different sizes of facepieces, for instance, no one size from one manufacturer may fit you. A different brand may be necessary. If a respirator doesn't fit right, it can't protect you.

Even when a respirator fits properly, it may get nudged or bumped out of position while you are working, causing leaks that can be dangerous.

Respirators and cartridges must be appropriate for the hazardous substances in the air. Particulate respirators, for example, don't work for acids, solvents, ammonia, or other gaseous mixtures.

COMMUNICATE AND CONTROL

You should be clean-shaven to get the best possible seal with your respirator. Facial hair can cause leakage and reduce protection. The Workplace Safety and Health Regulation Part 6.15 outlines the recommendations for proper fit.

Test for fit every time you put the respirator on and throughout your shift. Two easy tests can show whether most reusable respirators fit right and don't leak:

1. Negative-pressure seal check
2. Positive-pressure seal check

FACTS AND TIPS

Using a respirator, demonstrate seal checks to your crew as you talk.

Negative-pressure seal check

- Put on the facepiece and adjust it to fit comfortably snug, but not overly tight.
- Block the air inlets. These are usually the filter openings on the sides of the facepiece.
- Try to breathe in.
- If there are no leaks, the facepiece should collapse slightly and stay like that while you hold your breath for 10 seconds.

Cover inlets
and try
to inhale



Positive-pressure seal check

- Put on the facepiece and adjust it to fit comfortably snug, not overly tight.
- Block the exhalation valve. This is usually on the bottom of the respirator.
- Try to breathe out.
- The facepiece should puff slightly away from your face and stay like that while you hold your breath for 10 seconds.
- If you find a leak, adjust the facepiece or straps and repeat the test until you get a good fit.
- Perform seal checks periodically while you wear the respirator.

Cover exhalation
valve and try
to exhale



THE QUIZ

1. With respirators, one size fits all:
TRUE _____ FALSE _____
2. Even with three different sizes of face pieces, for instance, no one size from one manufacturer may fit you. A different brand may be necessary:
TRUE _____ FALSE _____
3. Respirators don't have to fit properly to protect you:
TRUE _____ FALSE _____
4. Respirators and cartridges must be appropriate for the hazardous substances in the air:
TRUE _____ FALSE _____
5. Particulate respirators will work for acids, solvents, ammonia, or other gaseous mixtures:
TRUE _____ FALSE _____
6. You should be clean shaven to get the best possible seal with your respirator:
TRUE _____ FALSE _____
7. List the two easy tests that can show whether most reusable respirators fit right and don't leak:
a) _____
b) _____
8. Even when a respirator fits properly, it may get nudged or bumped out of position while you're working, causing leaks that can be dangerous.
TRUE _____ FALSE _____
9. Facial hair can cause leakage and reduce protection.
TRUE _____ FALSE _____
10. Performing seal checks periodically while you wear the respirator is not necessary.
TRUE _____ FALSE _____

1. FALSE; 2. TRUE; 3. FALSE; 4. TRUE; 5. FALSE; 6. TRUE;
7. Negative pressure seal check and positive pressure seal
check; 8. TRUE; 9. TRUE; 10. FALSE

ANSWERS: