

## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training For Employees– Step 1 (Inspection)

Please ensure that the cartridge/filter worn is appropriate for the chemical/particulate hazard present and that you wear the size of mask you have been fitted to. For example, small (S), medium (M), large (L). Your department safe work practices will state which cartridge/filter is appropriate.

### Elements delivered during fit testing process:

- **Respirator Inspection**
  - Prior to use the user must check the following components of the respirator for wear and tear/damage.
    - Half Face or Full Face Respirator
      - Facepiece
      - Face shield/Helmet (only for full-face)
      - Head harness
      - Valves
      - Filters/Cartridges

**Any defects noted, do not use the respirator and report concern to your manager and obtain another respirator.**

- **Filter Cartridge Inspection**
  - Ensure the cartridge worn is appropriate for the chemical hazard present, your department safe work practices will state which cartridge is appropriate for the process.
  - Filter/Cartridges need to be changed regularly to ensure proper functioning; the following list indicates when the filter/cartridge should be replaced.
    - The filter/cartridge has been damaged
    - The filter/cartridge has expired



- Filters only: Breathing has been restricted by contaminant loading on the filter



- The end of service life indicator (ESLI) on the cartridge has changed color to indicate replacement is needed



Red line reaches bottom of window

- As per your departments change out scheduled (Example: Respirators used for hazardous drugs must be changed every 4 hours of use)
- If you can detect (smell) the contaminant through your respiratory protection.

**Any defects noted, do not use the filter and obtain another cartridge.**

## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 2 (Donning)

### Elements delivered during fit testing process:

- **Half face/full face respirator don steps**

- With one hand holding the respirator, place your chin inside the chin cup and the top of the respirator over your nose



- Place the top strap of the respirator around the crown of the head



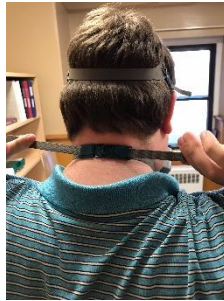
- Place the lower strap around the base of head where it meets the neck



- Ensure the facepiece is centered comfortably around the nose and mouth
- Tighten the upper head straps in small, equal increments to ensure the top half of the respirator is tightened evenly and centered on your face



- Tighten the lower head straps by pulling evenly on the end straps in the back of the respirator until the entire respirator is snug, comfortable, and centered on your face



## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 3 (Seal Check)

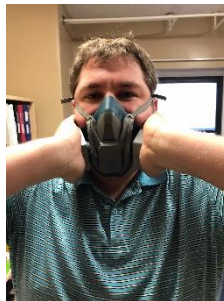
### Elements delivered during fit testing process:

- **Half Face/ Full Face Respirator Seal Check**

- Positive Pressure Seal Check: Place the palm of your hand over the exhalation valve so it is completely sealed and exhale gently. If you have a good seal, the facepiece will be pushed away from your face very slightly



- Negative Pressure Seal Check: Place the palm of each hand over the two cartridges or filters so they are completely sealed and inhale. Hold your breath for 5 seconds. If you have a good seal, the facepiece will be pulled inward toward your face



## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 4 (Doffing)

### Elements delivered during fit testing process:

- **Half Face/ Full Face Respirator doff steps**

- Loosen the neck strap and undo the clasp



- With head tilted slightly forward, slide the cradle headband forward over your head while maintaining control of respirator



- Remove respirator from face and set aside for cleaning and storage
- Perform Hand Hygiene

## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 5 (Cartridge Installation)

### Elements delivered during fit testing process:

- **Cartridge Installation**

- Remove the Cartridge from its packaging and if applicable copy the expiry date from the packaging to the cartridge casing (OV/Acid Gas/Formaldehyde)
- Align the 3 holes on the cartridge with the three prongs on the respirator adaptor.



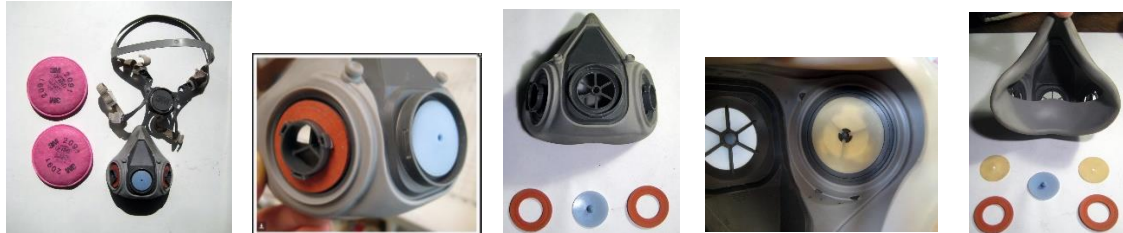
- Rotate to lock the respirator in place
- Repeat for the other side.

## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 6 (Cleaning)

### Elements delivered during fit testing process:

- **Respirators shall be cleaned as follows removal/daily after use**

- Remove filters, cartridges, or canisters. Take apart respirator or any components recommended by the manufacturer.



- Wipe all components of the respirator using 3M™ Respirator Cleaning Wipes (or substitute approved by the manufacture such as warm water with mild detergent)
- Allow respirator to air dry prior to further use.

- **Respirators shall be cleaned as follows on as necessary to keep the respirator clean and in good condition.**

- Wash components in warm (43 °C [110 °F] maximum) water with a mild detergent or with a cleaner recommended by the manufacturer. A stiff bristle (not wire) brush may be used to facilitate the removal of dirt.
- Rinse components thoroughly in clean, warm (43 °C [110 °F] maximum), preferably running water. Drain.
- Components should be hand-dried with a clean lint-free cloth or air-dried.

## ½ Face and Full-Face (Elastomeric) Respirator Fit Test Training– Step 7 (Storage)

### Elements delivered during fit testing process:

- **Respirator Storage guidelines**

- Before you store respirators, clean them and let them dry. Store them as soon as they are dry so they don't collect dust.
- Store clean, dry respirators in nonporous, sturdy, airtight containers, like a zip-sealed plastic bag. Keep cartridges stored in a separate airtight bag such as zip zip-sealed plastic bag.



- Store respirators in a cool, dry cabinet specifically designated for storage.
- When stored, position the respirator so that it keeps its natural shape.
- Exhalation valves and face pieces should lie in a normal position to prevent the plastic or rubber from being deformed.
- Store respirators to protect them from dust, sunlight, extreme heat or cold, excessive moisture, and damaging chemicals