

Proper Use of Particulate Respirators

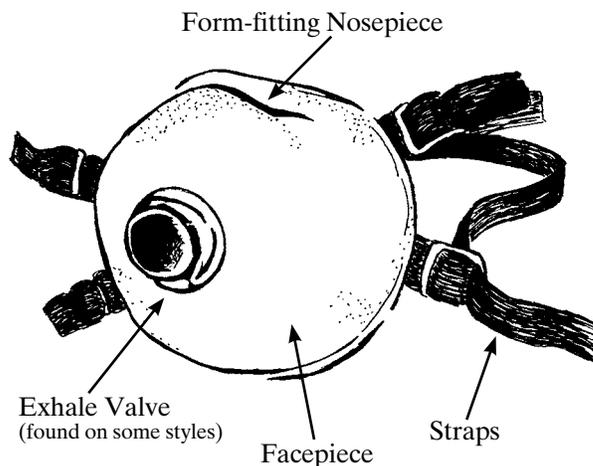
Editor's note: Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

KEY POINTS:

- Particulate respirators will help protect your lungs.
- Choose the proper respirator for the hazards you are working around.
- Be sure there's a tight seal between your face and the facepiece.

Note to trainer: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.

Bring enough particulate respirators to the training session for you and your trainees to try on.



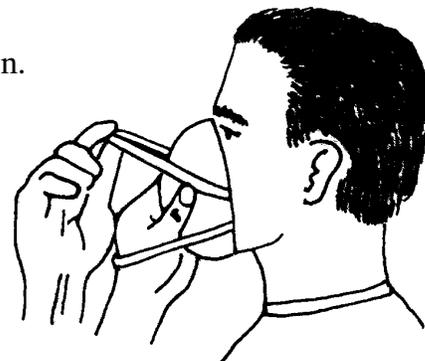
What is a particulate respirator?

- A particulate respirator is disposable. It looks like it is made out of paper and may have one or two straps.
- This is an example of a dust/mist respirator we use in our operation.

Note to trainer: Hold up your particulate mask so trainees can see it.

- Particulate respirators protect your lungs by removing small particles from the air you breathe.
- They protect against most dusts, mists, pollen and certain low toxicity pesticides as specified on the label.

Note to trainer: Include specific examples where particulate respirators are used in your operation.



Here's how to put on a particulate respirator

Note to trainer: Demonstrate these steps for your trainees.

- Hold the respirator in your hands with the nose piece toward your fingertips.
- Position the mask over your mouth and nose.
- With two strap respirators, pull one strap over the top of your head and place above your ears, and place the bottom strap below your ears. If there is only one strap, follow the product directions.
- Some respirators have form-fitting tabs on the nose piece. Use both index fingers to mold the nose piece to the shape of your nose.
- Adjust the facepiece and straps for a comfortable fit.
- Check the written material that comes with your respirator for additional fitting instructions.



(Continued on back)

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

Proper Use of Particulate Respirators

Who should not use a particulate respirator

- You shouldn't wear a particulate respirator if you have a beard, mustache, long sideburns, a deep facial scar or deformity.
- If you have lung disease, heart trouble or breathing problems, talk to your supervisor. He or she may recommend you get a doctor's advice before using a respirator.
- Don't use a particulate respirator unless it's approved for the hazards you want to protect yourself against.
- In the case of pesticides, always check the pesticide label.
- Some styles of particulate respirator accommodate glasses or goggles better than others.



Here's how to perform a fit check

Note to trainer: Demonstrate the following steps.

- Check your particulate respirator for the proper fit each time you put it on.
- Cup both hands in front of the mask. But be careful not to push on the mask or move it.
- Inhale deeply. Check to see if the facepiece collapses toward your face.
- Smile, then frown.
- If the mask is drawn in and no air is leaking in around the edges, you have a proper fit.
- If you don't have a proper fit, try readjusting the straps or repositioning the respirator on your face.
- Repeat the test until you have a proper fit.
- Check the written material that comes with the respirator for other specific fitting instructions.



Now it's your turn

- Are there any questions so far?

Note to trainer: Take time to answer trainees' questions.

- Each of you can now try on your dust/mist respirator and check it for the proper fit.

Note to trainer: Help any trainees who are having problems.

Then review the Particulate Respirator Do's and Don'ts.

PARTICULATE RESPIRATOR DO'S AND DON'TS

DO:

- Check with your supervisor for which type of respirator you should use.
- Fit check the respirator each time you put it on.
- Throw away the respirator if the facepiece tears or the straps get stretched out.

DON'T:

- Use a particulate respirator for protection against pesticide vapors or gaseous contaminants.
- Wear the mask if breathing becomes difficult.
- Go into a potentially hazardous area without first checking the respirator for the proper fit.

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.