



Respiratory Protection

This sample program is intended as a resource for helping employers with developing a program that meets the requirements in OSHA Standard 1910.34. This program is not intended to supersede the requirements of the standard. Each employer will need to adapt this program to more appropriately fit their operations for their program to be complete. Each employer should reference 1910.38 for additional information.

A safety plan for FFVA Mutual Policyholders

A successful safety program helps company leadership minimize workers' compensation costs and increase profitability.

This Sample Written Program has been developed to assist FFVA Mutual policyholders in:

- Maintaining employee safety and controlling losses in the workplace
- Guiding senior management in establishing safety standards
- Developing an employer integrated safety program

Please customize this accident prevention program according to your workplace. Your written accident prevention program can only be effective if it is put into practice.

Your account's dedicated safety professional is available to assist in the review and implementation of your safety program, offer technical guidance, provide training to meet compliance issues, and assist in locating relevant reference materials.

If you have questions or would like assistance implementing your organization's safety program, contact 800-346-4825 or visit ffvamutual.com/safety for more information.

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Section 1 – Objective

The Respiratory Protection Program is designed to protect employees by establishing accepted practices for respirator use when engineering or administrative controls cannot be implemented, providing guidelines for training and respirator selection, and explaining proper storage, use and care of respirators.

This will be applicable to all involuntary (company-required) respirator use, to include dust masks, and voluntary (employee-opted) respirator use, except dust masks.

Section 2 – Assignment of Responsibility

A. Management

Management is responsible for providing respirators to employees when they are necessary for health protection. Management will provide respirators that are applicable and suitable for the intended purpose at no charge to affected employees. Any expense associated with training, medical evaluations and respiratory protection equipment will be borne by the company.

B. Program Administrator

The Program Administrator is responsible for administering the respiratory protection program. Duties of the Program Administrator include:

1. Evaluating hazards and determining if engineering or administrative controls can be implemented to control respiratory hazards
2. Identifying work areas, process or tasks that require workers to wear respirators
3. Selecting respiratory protection options
4. Monitoring respirator use to ensure that respirators are used in accordance with their specifications
5. Arranging for and/or conducting training
6. Ensuring proper storage and maintenance of respiratory protection equipment
7. Conducting fit testing
8. Administering the medical surveillance program
9. Maintaining records required by the program
10. Evaluating the program
11. Updating written program, as needed

C. Supervisors

Supervisors are responsible for ensuring that the respiratory protection program is implemented in their areas. In addition to being knowledgeable about the program requirements for their own protection, supervisors must also ensure that the program is understood and followed by the employees under their charge. Duties of the supervisor include:

1. Ensuring employees under their supervision (including new hires) receive appropriate training, fit testing, and medical evaluation
2. Ensuring the availability of appropriate respirators and accessories, and reporting to the Program Administrator respirator shortages before quantities are extinguished
3. Being aware of tasks requiring the use of respiratory protection
4. Enforcing the proper use of respiratory protection when necessary
5. Ensuring that respirators are properly cleaned, maintained, and stored according to this program

6. Ensuring that respirators fit well and do not cause discomfort
7. Continually monitoring work areas and operations to identify respiratory hazards
8. Coordinating with the Program Administrator on how to address respiratory hazards or other concerns regarding this program

D. Employees

Each employee is responsible for wearing his or her respirator when and where required and in the manner in which they are trained. Employees must also:

1. Care for and maintain their respirators as instructed, guard them against damage, and store them in a clean, sanitary location
2. Inform their supervisor if their respirator no longer fits well, and request a new one that fits properly
3. Inform their supervisor or the Program Administrator of any respiratory hazards that they feel are not adequately addressed in the workplace and of any other concerns that they have regarding this program
4. Use the respiratory protection in accordance with the manufacturer's instructions and the training received

Section 3 – Applicability

This program applies to all employees who are required to wear respirators during normal work operations, as well as during some non-routine or emergency operations, such as a spill of a hazardous substance.

In addition, any employee who voluntarily wears a respirator when one is not required (i.e., in certain maintenance and coating operations) is subject to the medical evaluation, cleaning, maintenance, and storage elements of this program, and will be provided with necessary training. Employees who voluntarily wear filtering face pieces (dust masks) are not subject to the medical evaluation, cleaning, storage, and maintenance provisions of this program.

All employees and processes that fall under the provisions of this program are listed in Forms, **Attachment D.**

Section 4 – Program

A. Hazard Assessment and Respirator Selection

All The Program Administrator will select respirators to be used on site, based on the hazards to which workers are exposed. The Program Administrator will conduct a hazard evaluation for each operation, process, or work area where airborne contaminants may be present in routine operations or during an emergency. A log of identified hazards will be maintained by the Program Administrator (See Sample Hazard Evaluation, **Attachment C**). The hazard evaluations shall include:

1. Identification and development of a list of hazardous substances used in the workplace by department or work process
2. Review of work processes to determine where potential exposures to hazardous substances may occur
3. Evaluation of possible engineering and/or administrative controls that can be implemented to eliminate/control the exposure
4. Exposure monitoring to quantify potential hazardous exposures
5. Documentation of exposures and need for respiratory protection

The proper type of respirator for the specific hazard involved will be selected in accordance with the manufacturer's instructions. A list of employees and appropriate respiratory protection will be maintained by the Program Administrator (see **Attachment D**).

B. Updating the Hazard Assessment

The Program Administrator must revise and update the hazard assessment as needed. If an employee feels that respiratory protection is needed during a particular activity, he/she is to contact his/her supervisor or the Program Administrator. The Program Administrator will evaluate the potential hazard, and arrange for outside assistance as necessary. The Program Administrator will then communicate the results of that assessment to the employees. If it is determined that respiratory protection is necessary, all other elements of the respiratory protection program will be in effect for those tasks, and the respiratory program will be updated accordingly.

C. Training

The Program Administrator will provide training to respirator users and their supervisors on the contents of the Respiratory Protection Program and their responsibilities under it, and on the OSHA Respiratory Protection Standard. All affected employees and their supervisors will be trained prior to using a respirator in the workplace. Supervisors will also be trained prior to supervising employees that must wear respirators.

The training course will cover the following topics:

1. The respiratory protection program
2. Respiratory hazards encountered at and their health affects
3. Proper selection and use of respirators

4. Limitations of respirators
5. Respirator donning and user seal (fit) checks
6. Fit testing
7. Emergency use procedures
8. Maintenance and storage
9. Medical signs and symptoms limiting the effective use of respirators

Employees will be retrained at least annually. Retraining will also occur when changes affect the employee such as employee's job assignment changes; when the chemicals used changes or when the process changes that result in a change in use of the same chemical.

Employees must demonstrate their understanding of the topics covered in the training through hands-on exercises and a written test. Respirator training will be documented by the Program Administrator and the documentation will include the type, model, and size of respirator for which each employee has been trained and fit tested.

D. NIOSH Certification

All respirators must be certified by the National Institute for Occupational Safety and Health (NIOSH) and shall be used in accordance with the terms of that certification. Also, all filters, cartridges, and canisters must be labeled with the appropriate NIOSH approval label. The label must not be removed or defaced while the respirator is in use.

E. Voluntary Respirator Use

The Program Administrator shall authorize voluntary use of respiratory protective equipment as requested by all other workers on a case-by-case basis, depending on specific workplace conditions and the results of medical evaluations.

The Program Administrator will provide all employees who voluntarily choose to wear the above respirators with a copy of Appendix D of the OSHA Respiratory Protection Standard.

F. Medical Evaluation

Employees required to wear respirators, including dust masks, must pass a medical exam before being permitted to wear a respirator on the job.

Employees who voluntarily wear any respirator, other than a dust mask, must pass a medical exam before being permitted to wear a respirator on the job.

Employees are not permitted to wear respirators until a physician has determined that they are medically able to do so. Any employee refusing the medical evaluation will not be allowed to work in an area requiring respirator use.

A licensed physician at _____ **(LOCATION OF DOCTOR)** _____, where all company medical services are provided, will provide the medical evaluations. Medical evaluation procedures are as follows:

1. The medical evaluation will be conducted using the questionnaire provided in Appendix C of the OSHA Respiratory Protection Standard. The Program Administrator will provide a copy of this questionnaire to all employees requiring medical evaluations.
2. To the extent feasible, the company will provide assistance to employees who are unable to read the questionnaire. When this is not possible, the employee will be sent directly to the physician for medical evaluation.
3. All affected employees will be given a copy of the medical questionnaire to complete, along with a stamped and addressed envelope for mailing the questionnaire to the company physician. Employees will be permitted to complete the questionnaire on company time.
4. Follow-up medical exams will be granted to employees as required or as deemed necessary by the evaluating physician.
5. All employees will be granted the opportunity to speak with the physician about their medical evaluation, if they so request.
6. The Program Administrator shall provide the evaluating physician with a copy of this Program, the list of hazardous substances by work area, and the following information about each employee requiring evaluation:
 - a. His or her work area or job title;
 - b. Proposed respirator type and weight;
 - c. Length of time required to wear respirator;
 - d. Expected physical work load (light, moderate or heavy);
 - e. Potential temperature and humidity extremes; and
2. Any additional protective clothing required.
Positive pressure air purifying respirators will be provided to employees as required by medical necessity.
3. After an employee has received clearance to wear his or her respirator, additional medical evaluations will be provided under the following circumstances:
 - a. The employee reports signs and/or symptoms related to their ability to use the respirator, such as shortness of breath, dizziness, chest pains, or wheezing.
 - b. The evaluating physician or supervisor informs the Program Administrator that the employee needs to be reevaluated.
 - c. Information found during the implementation of this program, including observations made during the fit testing and program evaluation, indicates a need for reevaluation.
 - d. A change occurs in workplace conditions that may result in an increased physiological burden on the employee.

A list of employees currently included in medical surveillance is provided in **Attachment D** of this program.

All examinations and questionnaires are to remain confidential between the employee and the physician. The Program Administrator will only retain the physician's written recommendations

regarding each employee's ability to wear a respirator.

G. Fit Testing

All respirators, except dust masks, will be fit tested. This includes those required to be worn or worn voluntarily.

Employees who are required will be fit tested:

1. Prior to being allowed to wear any respirator with a tight-fitting face piece
2. Annually
3. When there are changes in the employee's physical condition that could affect respiratory fit

Employees will be fit tested with the make, model, and size of respirator that they will actually wear. Employees will be provided with several models and sizes of respirators so that they may find an optimal fit. Fit testing of powered air purifying respirators will be conducted in the negative pressure mode.

The Program Administrator will conduct fit tests in accordance with the OSHA Respiratory Protection Standard.

H. General Respirator Use Procedures

1. Employees required to wear, or who voluntarily wear, a respirator will not be permitted to have facial hair that interferes with the proper function of the respirator.
If an employee with facial hair refuses to remove facial hair that interferes with the proper function of the respirator, the employee will be reassigned to an operation that does not require the wearing of respiratory protection.
2. Employees will use their respirators under conditions specified in this program, and in accordance with the training they receive on the use of each particular model. In addition, the respirator shall not be used in a manner for which it is not certified by NIOSH or by its manufacturer.
3. All employees shall conduct user seal checks each time they wear their respirators. Employees shall use either the positive or negative pressure check.
 - a. Positive Pressure Test: This test is performed by closing off the exhalation valve with your hand. Breathe air into the mask. The face fit is satisfactory if some pressure can be built up inside the mask without any air leaking out between the mask and the face of the wearer.
 - b. Negative Pressure Test: This test is performed by closing of the inlet openings of the cartridge with the palm of your hand. Some masks may require that the filter holder be removed to seal off the intake valve. Inhale gently so that a vacuum occurs within the face piece. Hold your breath for ten (10) seconds. If the vacuum remains, and no inward leakage is detected, the respirator is fit properly.
4. All employees shall be permitted to leave the work area to go to the locker room to maintain their respirator for the following reasons:

- a. To clean their respirator if it is impeding their ability to work
- b. To change filters or cartridges
- c. To replace parts
- d. To inspect respirator if it stops functioning as intended

Employees should notify their supervisor before leaving the area.

5. Employees are not permitted to wear tight-fitting respirators if they have any condition, such as facial scars, facial hair, or missing dentures that would prevent a proper seal. Employees are not permitted to wear headphones, jewelry, or other items that may interfere with the seal between the face and the face piece.
6. Before and after each use of a respirator, an employee or immediate supervisor must make an inspection of tightness or connections and the condition of the face piece, headbands, valves, filter holders, and filters. Questionable items must be addressed immediately by the supervisor and/or Program Administrator.

I. Air Quality for Supplied Air Respirators

For supplied air respirators using compressed air in tanks, only Grade D breathing air shall be used in the cylinders. The Program Administrator will coordinate deliveries of compressed air with the company's vendor and will require the vendor to certify that the air in the cylinders meets the specifications of Grade D breathing air.

The Program Administrator will maintain a minimum air supply of one fully charged replacement cylinder for each SAR unit. In addition, cylinders may be recharged as necessary from the breathing air cascade system located near the respirator storage area.

Where air is supplied by the use of an air compressor, only compressors that do not present the risk of generating carbon monoxide will be used.

J. Change Schedules

Respirator cartridges shall be replaced as determined by the Program Administrator, supervisor, and manufacturers' recommendations.

K. Cleaning

Respirators are to be regularly cleaned and disinfected at the designated respirator cleaning station. Respirators issued for the exclusive use of an employee shall be cleaned as often as necessary. Atmosphere-supplying and emergency use respirators are to be cleaned and disinfected after each use.

The following procedure is to be used when cleaning and disinfecting reusable respirators:

1. Disassemble respirator, removing any filters, canisters, or cartridges.

2. Wash the face piece and all associated parts (except cartridges and elastic headbands) in an approved cleaner-disinfectant solution in warm water (about 120 degrees Fahrenheit). Do not use organic solvents. Use a hand brush to remove dirt.
3. Rinse completely in clean, warm water.
4. Disinfect all facial contact areas by spraying the respirator with an approved disinfectant.
5. Air-dry in a clean area.
6. Reassemble the respirator and replace any defective parts. Insert new filters or cartridges and make sure the seal is tight.
7. Place respirator in a clean, dry plastic bag or other airtight container.

The Program Administrator will ensure an adequate supply of appropriate cleaning and disinfection materials at the cleaning station. If supplies are low, employees should notify their supervisor, who will inform the Program Administrator.

L. Maintenance

Respirators are to be properly maintained at all times in order to ensure that they function properly and protect employees adequately. Maintenance involves a thorough visual inspection for cleanliness and defects. Worn or deteriorated parts will be replaced prior to use. No components will be replaced or repairs made beyond those recommended by the manufacturer. Repairs to regulators or alarms of atmosphere-supplying respirators will be conducted by the manufacturer.

1. All respirators shall be inspected routinely before and after each use.
2. Respirators kept for emergency use shall be inspected after each use, and at least monthly by the Program Administrator to assure that they are in satisfactory working order
3. The Respirator Inspection Checklist (**Attachment E**) will be used when inspecting respirators.
4. A record shall be kept of inspection dates and findings for respirators maintained for emergency use.
5. Employees are permitted to leave their work area to perform limited maintenance on their respirator in a designated area that is free of respiratory hazards. Situations when this is permitted include:
 - a. Washing face and respirator face piece to prevent any eye or skin irritation;
 - b. Replacing the filter, cartridge or canister;
 - c. Detection of vapor or gas breakthrough or leakage in the face piece; or
 - d. Detection of any other damage to the respirator or its components.

M. Storage

After inspection, cleaning, and necessary repairs, respirators shall be stored appropriately to protect against dust, sunlight, heat, extreme cold, excessive moisture, or damaging chemicals.

1. Respirators must be stored in a clean, dry area, and in accordance with the manufacturer's recommendations. Each employee will clean and inspect their own air-purifying respirator in accordance with the provisions of this program, and will store their respirator in a plastic bag in the designated area. Each employee will have his/her name on the bag and that bag will only be used to store that employee's respirator.
2. Respirators shall be packed or stored so that the face piece and exhalation valve will rest in a near normal position.
3. Respirators shall not be placed in places such as lockers or toolboxes unless they are in carrying cartons.
4. Respirators maintained at stations and work areas for emergency use shall be stored in compartments built specifically for that purpose, be quickly accessible at all times, and be clearly marked.
5. The Program Administrator will maintain a supply of respirators and respirator components in their original manufacturer's packaging. Supervisors or Employees must alert the Program Administrator when replacement components are needed.

N. Respirator Malfunctions and Defects

1. For any malfunction of a respirator, such as breakthrough, face piece leakage, or improperly working valve, the respirator wearer should inform his/her supervisor that the respirator no longer functions as intended, and go to the designated safe area to maintain the respirator. The supervisor must ensure that the employee either receives the needed parts to repair the respirator or is provided with a new respirator.
2. Respirators that are defective or have defective parts shall be taken out of service immediately. If, during an inspection, an employee discovers a defect in a respirator, he/she is to bring the defect to the attention of his/her supervisor. Supervisors will give all defective respirators to the Program Administrator. The Program Administrator will decide whether to:
 - a. Temporarily take the respirator out of service until it can be repaired
 - b. Perform a simple fix on the spot, such as replacing a head strap
 - c. Dispose of the respirator due to an irreparable problem or defect

When a respirator is taken out of service for an extended period of time, the respirator will be tagged out of service, and the employee will be given a replacement of a similar make, model, and size. All tagged out respirators will be disposed of to prevent reuse.

O. Emergency Procedures

In emergency situations where an atmosphere exists in which the wearer of the respirator could be overcome by a toxic or oxygen-deficient atmosphere, the following procedure should be followed. The locations where the potential for dangerous atmosphere exists are listed in **Attachment F** of this procedure. Locations of emergency respirators are also listed in **Attachment F**.

1. When the alarm sounds, employees in the affected area must immediately don their emergency escape respirator, shut down their process equipment, and exit the work area.

2. All other employees must immediately evacuate the building. The Emergency Action Plan describes these procedures (including proper evacuation routes and rally points) in greater detail.
3. Employees who must remain in a dangerous atmosphere must take the following precautions:
 - a. Employees must never enter a dangerous atmosphere without first obtaining the proper protective equipment and permission to enter from the Program Administrator or supervisor.
 - b. Employees must never enter a dangerous atmosphere without at least one additional person present. The additional person must remain in the safe atmosphere.
 - c. Communications (voice, visual or signal line) must be maintained between either individuals or all present.
 - d. Respiratory protection in these instances is for escape purposes only. Employees are not trained as emergency responders, and are not authorized to act in such a manner.

P. Program Evaluation

The Program Administrator will conduct periodic evaluations of the workplace to ensure that the provisions of this program are being implemented. The evaluations will include regular consultations with employees who use respirators and their supervisors, site inspections, air monitoring and a review of records. Items to be considered will include:

1. Comfort;
2. Ability to breathe without objectionable effort;
3. Adequate visibility under all conditions
4. Provisions for wearing prescription glasses;
5. Ability to perform all tasks without undue interference; and
6. Confidence in the face piece fit.

Identified problems will be noted in an inspection log and addressed by the Program Administrator. These findings will be reported to management, and the report will list plans to correct deficiencies in the respirator program and target dates for the implementation of those corrections.

Q. Documentation and Recordkeeping

1. A written copy of this program and the OSHA Respiratory Protection Standard shall be kept in the Program Administrator's office and made available to all employees who wish to review it.
2. Copies of training and fit test records shall be maintained by the Program Administrator. These records will be updated as new employees are trained, as existing employees receive refresher training, and as new fit tests are conducted.
3. For employees covered under the Respiratory Protection Program, the Program Administrator shall maintain copies of the physician's written recommendation regarding each employee's ability to wear a respirator. The completed medical questionnaires and evaluating physician's

documented findings will remain confidential in the employee's medical records at the location of the evaluating physician's practice.

Forms

Attachment A - Hazard Assessment Log

Attachment B - Record of Respirator Use

Attachment C - Hazard Evaluation

Attachment D - Record of Respirator Issuance

Attachment E - Respirator Inspection Checklist

Attachment F - Emergency Potential Log

Attachment G - Immediately Dangerous to Life and Health (IDLH) Assessment Log

Appendix C to 1910.134, Respirator Medical Evaluation Questionnaire (*Mandatory*)

Appendix D to Sec. 1910.134 Information for Employees Using Respirators When Not Required Under the Standard (*Mandatory*)

Attachment A - Hazard Assessment Log

| Hazard Assessment Log | | | | |
|-----------------------|--------------|--------------------------------|-------|----------|
| <u>DATE</u> | | | | |
| Department | Contaminants | Exposure Level (8 hr. TWA*) | PEL** | Controls |
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* Summarized from Industrial Hygiene report provided by ***Responsible Person***.
 ** Permissible Exposure Limit is the maximum 8-hour TWA establish by OSHA. Where possible,

Attachment B - Record of Respirator Use

| Required and Voluntary Respirator Use at <i>(Company Name)</i> | |
|--|--------------------|
| Type of Respirator | Department/Process |
| | |
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Attachment C - Hazard Evaluation

| Process Hazard Evaluation for <u>COMPANY NAME</u> <u>DATE</u> | |
|--|---------------|
| Process | Noted Hazards |
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Attachment D - Record of Respirator Issuance

| <u>Company Name</u> Personnel in Respiratory Protection Program <u>Date</u> | | | | |
|--|------------|------------------------------------|-----------------------|----------------|
| Respiratory protection is required for and has been issued to the following personnel: | | | | |
| Name | Department | Job Description/ Work Procedure | Type of Respirator | Date Issued |
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Attachment E - Respirator Inspection Checklist

| | |
|------------------------------|---|
| Type of Respirator: | Location: |
| Respirator Issued to: | Type of Hazard: |
| Face piece | <input type="checkbox"/> Cracks, tears, or holes <input type="checkbox"/> Face mask distortion <input type="checkbox"/> Cracked or loose lenses/face shield |
| Head straps | <input type="checkbox"/> Breaks or tears <input type="checkbox"/> Broken buckles |
| Valves: | <input type="checkbox"/> Residue or dirt <input type="checkbox"/> Cracks or tears in valve material |
| Filters/Cartridges: | <input type="checkbox"/> Approval designation <input type="checkbox"/> Gaskets <input type="checkbox"/> Cracks or dents in housing <input type="checkbox"/> Proper cartridge for hazard |
| Air Supply Systems | <input type="checkbox"/> Breathing air quality/grade <input type="checkbox"/> Condition of supply hoses <input type="checkbox"/> Hose connections <input type="checkbox"/> Settings on regulators and valves |
| Rubber/Elastic Parts | <input type="checkbox"/> Pliability <input type="checkbox"/> Deterioration |

| | |
|----------------------|--------------|
| Inspected by: | Date: |
| Action Taken: | |

Attachment F - Emergency Potential Log

The following work areas at **Company Name** have been identified as having foreseeable emergencies:

| Area | Type of Emergency | Location of Emergency Respirator(s) |
|------|-------------------|-------------------------------------|
| | | |
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| | | |

Program Administrator

Date

Attachment G - Immediately Dangerous to Life and Health (IDLH) Assessment Log

The Program Administrator has identified the following area as presenting the potential for IDLH conditions:

| Process | IDLH Condition | Procedure |
|---------|----------------|-----------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Program Administrator

Date

Appendix C to Sec. 1910.134, Respirator Medical Evaluation Questionnaire (Mandatory)

To the employer: Answers to questions in Section 1, and to question 9 in Section 2 of Part A, do not require a medical examination.

To the employee: Can you read (circle one): Yes/No

Your employer must allow you to answer this questionnaire during normal working hours, or at a time and place that is convenient to you. To maintain your confidentiality, your employer or supervisor must not look at or review your answers, and your employer must tell you how to deliver or send this questionnaire to the health care professional who will review it.

Part A, Section 1. (Mandatory) The following information must be provided by every employee who has been selected to use any type of respirator (please print).

1. Today's date: _____
2. Your name: _____
3. Your age (to nearest year): _____
4. Sex (circle one): Male/Female
5. Your height: _____ ft. _____ in.
6. Your weight: _____ lbs.
7. Your job title: _____
8. A phone number where you can be reached by the health care professional who reviews this questionnaire (include the Area Code): _____
9. The best time to phone you at this number: _____
10. Has your employer told you how to contact the health care professional who will review this questionnaire (circle one): Yes/No
11. Check the type of respirator you will use (you can check more than one category):
 - a. _____ N, R, or P disposable respirator (filter-mask, non-cartridge type only).
 - b. _____ Other type (for example, half- or full-face piece type, powered-air purifying, supplied-air, self-contained breathing apparatus).
12. Have you worn a respirator (circle one): Yes/No

If "yes," what type(s): _____?

Part A, Section 2. (Mandatory) Questions 1 through 9 below must be answered by every employee who has been selected to use any type of respirator (please circle "yes" or "no").

1. Do you currently smoke tobacco, or have you smoked tobacco in the last month: Yes/No

2. Have you ever had any of the following conditions?
 - c. Seizures: Yes/No
 - d. Diabetes (sugar disease): Yes/No
 - e. Allergic reactions that interfere with your breathing: Yes/No
 - f. Claustrophobia (fear of closed-in places): Yes/No
 - g. Trouble smelling odors: Yes/No

3. Have you ever had any of the following pulmonary or lung problems?
 - h. Asbestosis: Yes/No
 - i. Asthma: Yes/No
 - j. Chronic bronchitis: Yes/No
 - k. Emphysema: Yes/No
 - l. Pneumonia: Yes/No
 - m. Tuberculosis: Yes/No
 - n. Silicosis: Yes/No
 - o. Pneumothorax (collapsed lung): Yes/No
 - p. Lung cancer: Yes/No
 - q. Broken ribs: Yes/No
 - r. Any chest injuries or surgeries: Yes/No
 - s. Any other lung problem that you've been told about: Yes/No

4. Do you currently have any of the following symptoms of pulmonary or lung illness?
 - a. Shortness of breath: Yes/No
 - b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline: Yes/No
 - c. Shortness of breath when walking with other people at an ordinary pace on level ground: Yes/No
 - d. Have to stop for breath when walking at your own pace on level ground: Yes/No
 - e. Shortness of breath when washing or dressing yourself: Yes/No
 - f. Shortness of breath that interferes with your job: Yes/No
 - g. Coughing that produces phlegm (thick sputum): Yes/No
 - h. Coughing that wakes you early in the morning: Yes/No
 - i. Coughing that occurs mostly when you are lying down: Yes/No
 - j. Coughing up blood in the last month: Yes/No
 - k. Wheezing: Yes/No
 - l. Wheezing that interferes with your job: Yes/No
 - m. Chest pain when you breathe deeply: Yes/No
 - n. Any other symptoms that you think may be related to lung problems: Yes/No

5. Have you ever had any of the following cardiovascular or heart problems?
 - a. Heart attack: Yes/No

- b. Stroke: Yes/No
 - c. Angina: Yes/No
 - d. Heart failure: Yes/No
 - e. Swelling in your legs or feet (not caused by walking): Yes/No
 - f. Heart arrhythmia (heart beating irregularly): Yes/No
 - g. High blood pressure: Yes/No
 - h. Any other heart problem that you've been told about: Yes/No
6. Have you ever had any of the following cardiovascular or heart symptoms?
- a. Frequent pain or tightness in your chest: Yes/No
 - b. Pain or tightness in your chest during physical activity: Yes/No
 - c. Pain or tightness in your chest that interferes with your job: Yes/No
 - d. In the past two years, have you noticed your heart skipping or missing a beat: Yes/No
 - e. Heartburn or indigestion that is not related to eating: Yes/No
 - f. Any other symptoms that you think may be related to heart or circulation problems: Yes/No
7. Do you currently take medication for any of the following problems?
- a. Breathing or lung problems: Yes/No
 - b. Heart trouble: Yes/No
 - c. Blood pressure: Yes/No
 - d. Seizures (fits): Yes/No
8. If you've used a respirator, have you ever had any of the following problems? *(If you've never used a respirator, check the following space and go to question 9)*
- a. Eye irritation: Yes/No
 - b. Skin allergies or rashes: Yes/No
 - c. Anxiety: Yes/No
 - d. General weakness or fatigue: Yes/No
 - e. Any other problem that interferes with your use of a respirator: Yes/No
9. Would you like to talk to the health care professional who will review this questionnaire about your answers to this questionnaire: Yes/No

Questions 10 to 15 below must be answered by every employee who has been selected to use either a full-face piece respirator or a self-contained breathing apparatus (SCBA). For employees who have been selected to use other types of respirators, answering these questions is voluntary.

10. Have you ever lost vision in either eye (temporarily or permanently): Yes/No
11. Do you *currently* have any of the following vision problems?
- a. Wear contact lenses: Yes/No
 - b. Wear glasses: Yes/No
 - c. Color blind: Yes/No
 - d. Any other eye or vision problem: Yes/No
12. Have you *ever had* an injury to your ears, including a broken ear drum: Yes/No
13. Do you *currently* have any of the following hearing problems?

- a. Difficulty hearing: Yes/No
- b. Wear a hearing aid: Yes/No
- c. Any other hearing or ear problem: Yes/No

14. Have you ever had a back injury: Yes/No

15. Do you currently have any of the following musculoskeletal problems?

- a. Weakness in any of your arms, hands, legs, or feet: Yes/No
- b. Back pain: Yes/No
- c. Difficulty fully moving your arms and legs: Yes/No
- d. Pain or stiffness when you lean forward or backward at the waist: Yes/No
- e. Difficulty fully moving your head up or down: Yes/No
- f. Difficulty fully moving your head side to side: Yes/No
- g. Difficulty bending at your knees: Yes/No
- h. Difficulty squatting to the ground: Yes/No
- i. Climbing a flight of stairs or a ladder carrying more than 25 lbs.: Yes/No
- j. Any other muscle or skeletal problem that interferes with using a respirator: Yes/No

Part B. Any of the following questions, and other questions not listed, may be added to the questionnaire at the discretion of the health care professional who will review the questionnaire.

1. In your present job, are you working at high altitudes (over 5,000 feet) or in a place that has lower than normal amounts of oxygen: Yes/No

If "yes," do you have feelings of dizziness, shortness of breath, pounding in your chest, or other symptoms when you're working under these conditions: Yes/No

2. At work or at home, have you ever been exposed to hazardous solvents, hazardous airborne chemicals (e.g., gases, fumes, or dust), or have you come into skin contact with hazardous chemicals: Yes/No

If "yes," name the chemicals if you know them: _____

3. Have you ever worked with any of the materials, or under any of the conditions, listed below:

- a. Asbestos: Yes/No
- b. Silica (e.g., in sandblasting): Yes/No
- c. Tungsten/cobalt (e.g., grinding or welding this material): Yes/No
- d. Beryllium: Yes/No
- e. Aluminum: Yes/No
- f. Coal (for example, mining): Yes/No
- g. Iron: Yes/No
- h. Tin: Yes/No
- i. Dusty environments: Yes/No

j. Any other hazardous exposures: Yes/No

If "yes," describe these exposures: _____

4. List any second jobs or side businesses you have: _____

5. List your previous occupations: _____

6. List your current and previous hobbies: _____

7. Have you been in the military services? Yes/No

If "yes," were you exposed to biological or chemical agents (either in training or combat): Yes/No

8. Have you ever worked on a HAZMAT team? Yes/No

9. Other than medications for breathing and lung problems, heart trouble, blood pressure, and seizures mentioned earlier in this questionnaire, are you taking any other medications for any reason (including over-the-counter medications): Yes/No

If "yes," name the medications if you know them: _____

10. Will you be using any of the following items with your respirator(s)?

- a. HEPA Filters: Yes/No
- b. Canisters (for example, gas masks): Yes/No
- c. Cartridges: Yes/No

11. How often are you expected to use the respirator(s) (circle "yes" or "no" for all answers that apply to you)?

- a. Escape only (no rescue): Yes/No
- b. Emergency rescue only: Yes/No
- c. Less than 5 hours per week: Yes/No
- d. Less than 2 hours per day: Yes/No
- e. 2 to 4 hours per day: Yes/No
- f. Over 4 hours per day: Yes/No

12. During the period you are using the respirator(s), is your work effort:

- a. Light (less than 200 kcal per hour): Yes/No

If "yes," how long does this period last during the average shift: _____ hrs. _____ mins.

Examples of a light work effort are sitting while writing, typing, drafting, or performing light assembly work; or standing while operating a drill press (1-3 lbs.) or controlling machines.

- b. Moderate (200 to 350 kcal per hour): Yes/No

If "yes," how long does this period last during the average shift: _____ hrs. _____ mins.

Examples of moderate work effort are sitting while nailing or filing; driving a truck or bus in urban traffic; standing while drilling, nailing, performing assembly work, or transferring a moderate load (about 35 lbs.) at trunk level; walking on a level surface about 2 mph or down a 5-degree grade about 3 mph; or pushing a wheelbarrow with a heavy load (about 100 lbs.) on a level surface. c. Heavy (above 350 kcal per hour): Yes/No

If "yes," how long does this period last during the average shift: _____ hrs. _____ mins.

Examples of heavy work are lifting a heavy load (about 50 lbs.) from the floor to your waist or shoulder; working on a loading dock; shoveling; standing while bricklaying or chipping castings; walking up an 8-degree grade about 2 mph; climbing stairs with a heavy load (about 50 lbs.).

13. Will you be wearing protective clothing and/or equipment (other than the respirator) when you're using your respirator: Yes/No

If "yes," describe this protective clothing and/or equipment: _____

14. Will you be working under hot conditions (temperature exceeding 77 deg. F): Yes/No

15. Will you be working under humid conditions: Yes/No

16. Describe the work you'll be doing while you're using your respirator(s):

17. Describe any special or hazardous conditions you might encounter when you're using your respirator(s) (for example, confined spaces, life-threatening gases):

18. Provide the following information, if you know it, for each toxic substance that you'll be exposed to when you're using your respirator(s):

Name of the first toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

Name of the second toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

Name of the third toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

The name of any other toxic substances that you'll be exposed to while using your respirator:

19. Describe any special responsibilities you'll have while using your respirator(s) that may affect the safety and well-being of others (for example, rescue, security):

Appendix D to Sec. 1910.134 (Mandatory) Information for Employees Using Respirators When Not Required Under the Standard

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, you need to take certain precautions to be sure that the respirator itself does not present a hazard.

You should do the following:

1. Read and heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirators limitations.
2. Choose respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services, certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.
3. Do not wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.
4. Keep track of your respirator so that you do not mistakenly use someone else's respirator.