Respiratory hazards in the workplace should be controlled whenever possible using engineering, work practice, or administrative controls. However, if these controls are not feasible or do not provide sufficient protection, employees may need to utilize respiratory protection. Employees who are required to use respiratory protection to perform their work activities must participate in the University Respiratory Protection Program.

**Respiratory Hazards That Respirators Are Used For**

- Harmful dusts (lead, silica, and other heavy metals)
- Fumes and smokes (welding fume)
- Gases and vapors (chemical exposures)
- Biological hazards (tuberculosis, whooping cough, flu viruses)

**N95 Filtering Facepiece**
The N95 respirator is the most common of the different types of particulate filtering face piece respirators. These respirators filter at least 95% of airborne particles but is not resistant to oil. The N stands for: not resistant to oil, if working with spray oils do not use a N95 Disposable respirator.

Respirators are designed to reduce a worker's exposure to airborne contaminants. Respirators come in various sizes and must be individually selected to fit the wearer's face and to provide a tight seal. A proper seal between the user's face and the respirator forces inhaled air to be pulled through the respirator's filter material and not through gaps between the face and respirator.

For respiratory infection/microscopic airborne contaminants protection and Allergen Control: Respirators offer the best protection for workers who must work closely with people who have influenza-like symptoms or with animal that they may have sensitivities. These generally include those workers who work in: Healthcare settings, clinical settings for both humans and animals, and research settings.

Where workers are required by employers to wear respirators, it is required to be medically evaluated to ensure that they can perform work tasks while wearing a respirator. Please contact EHS for more information: 607-255-8200

**N95 Care and Use:**

- Respirators must be replaced if they become contaminated with sputum or other bodily fluids
- Respirators must not be folded or placed in a pocket unless designed to do so
- Respirators must be removed and disposed of properly
- Store unused N95 respirators in the box or in plastic zip lock bags
- Store respirators at room temperature
- Do not store N95 respirators in direct sunlight
- Place the respirators in a location that is easily accessible

**Voluntary Use Program**
If your employer provides respirators for your voluntary use you need to take certain precautions to be sure that the respirator itself does not present a hazard.

You must do the following:

- Read and heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirators limitations.
- Choose a respirator certified for use to protect against the contaminant of concern.
- ONLY NIOSH approved respirators can be used voluntarily.
- CU Learn Course EHS 2386 must be completed for Voluntary Use
Donning Instructions
1. Ensure top and bottom straps have elasticity before placing respirator on the face
2. Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand
   a. Note: Open up flat fold respirators prior to cupping in your hand.
3. Position the respirator under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears.
4. Using 2 hands, mold the nose area to the shape of your nose by pushing inwards while moving your fingertips down both sides of the nosepiece.

User Seal Check
➢ Perform each time the respirator is donned and is intended to check the respirator-to-face seal.
   Place both hands over the entire respirator and exhaling normally. The respirator should expand slightly
   • If air leaks around the nose, readjust the nosepiece.
   • If air leaks at the respirator edges, work the straps back along the sides of your head.