

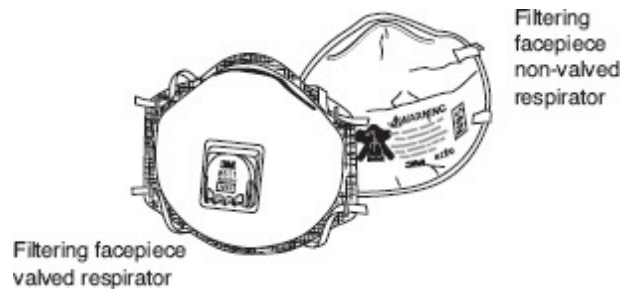


N95 VOLUNTARY USE BULLETIN

UPDATED June 2021

The use of filtering facepiece respirators may enhance employee comfort. When used on a voluntary basis, Cal/OSHA requires minimal precautions. This bulletin provides an overview of filtering face pieces, voluntary use, and the requirements under Title 8 California Code of Regulations Section 5144, Respiratory Protection (<http://www.dir.ca.gov/title8/5144.html>).

A filtering facepiece is defined by Cal/OSHA as a “negative pressure particulate respirator with a filter as an integral part of the facepiece or with the entire facepiece composed of the filtering medium.” Filtering face pieces are distinguished from ordinary dust masks by the double straps and the National Institute for Occupational Safety and Health (NIOSH) approval rating (e.g. N95). They often have an exhalation valve on the front that looks like a button. Examples are below:



Voluntary use of a filtering facepiece means that the use is purely by choice, not for compliance with Cal/OSHA Permissible Exposure Limits (PELs) or for protection against a potentially harmful substance that does not have a PEL. Examples of voluntary use are an employee with seasonal allergies wearing a filtering facepiece for comfort while working outdoors and an employee wearing a filtering facepiece while sweeping a floor.

When the use of filtering face pieces is voluntary, the following are required:

- Ensure that filtering face pieces are not dirty or contaminated. Use a new one each day.
- Ensure that N95 use does not interfere with employee's ability to work safely.
- Provide employees with the information contained in Part D of the Respiratory Protection standard (<http://www.dir.ca.gov/title8/5144d.html>). Please sign and return to Risk.

In addition, when using an N95 voluntarily under the Cal/OSHA COVID-19 Prevention Emergency Standard, employees must be informed how to care for and wear their N95 properly, how to perform a seal check, and be told that facial hair interferes with the seal. See page two.

If ordinary dust masks (single strap) are used, the above requirements do not apply. Dust masks should be used according to the manufacturer's instructions.



Scan QR code to see a 42 second video of Mask application

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

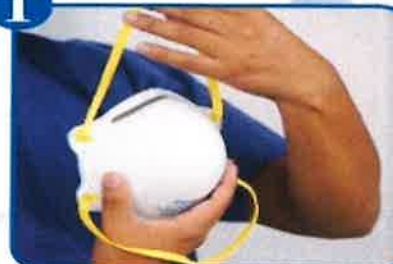







Just in time N95 Seal check:

The wearer should forcefully inhale and exhale several times.

The respirator should collapse slightly when inhaling and bulge out slightly upon exhaling. The wearer should not feel any air leaking between his/her face and the respirator. **These are signs of a good facial fit and a successful seal check!**

If air is leaking between the face and the respirator then it is **NOT A GOOD SEAL CHECK**. The wearer should adjust the nose piece or adjust the straps back along the sides of the head until leakages is corrected and he/she is able to get a good seal check. See additional tips at the bottom of the sheet

		
<p>1</p> <p>Separate the two headbands.</p>	<p>2</p> <p>Hold the headbands while you cup the respirator to your face. Pull the headbands over your head.</p>	<p>3</p> <p>Position the lower headband at the base of your neck; the higher headband should go around the crown of your head.</p>
		
<p>4</p> <p>Press firmly on both sides of the nosepiece to create a secure, comfortable fit.</p>	<p>5</p> <p>If necessary, make minor adjustments until the respirator fit feels secure.</p>	<p>6</p> <p>Properly donned N95 surgical respirator.</p>

 <p>1 WATER AND SOAP</p>	 <p>2 PALM TO PALM</p>	 <p>3 BETWEEN FINGERS</p>	 <p>4 FOCUS ON THUMBS</p>	 <p>5 BACK OF HANDS</p>	 <p>6 FOCUS ON WRISTS</p>
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Tips for Achieving a Good Fit:

- Use a mirror while adjusting the respirator
- Ask someone (zoom/ skype/or facetime them) to look for hair or earrings that might be caught in the seal. Note facial hair will often occlude a good facial seal.
- Make sure the headbands are positioned properly. It is especially important that the top headband is on the crown of your head, as it is designed to hold the bottom of the respirator snug against your chin.

Wash your hands for 20 seconds or use hand sanitizer and let dry completely AFTER DOFFING MASK



Voluntary Use of Respirators – 8CCR5144 Appendix D

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 designated 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.

The above APPENDIX D contains information for employees who voluntarily using respirators when not required. I have read and acknowledge receipt of Appendix D, and I fully accept the risks related to my voluntary use of a respirator. My supervisor or Department Head will also sign to confirm.

Employee User: _____ (print) _____(sign)
_____(date)

Supervisor/DH: _____ (print) _____(sign)
_____(date)

PLEASE RETURN COMPLETED FORM TO RISK MANAGEMENT. PLEASE KEEP A COPY.
