

ADDENDUM XII VOLUNTARY USE OF FILTERING FACEPIECE RESPIRATORS (N95) TRAINING

The following training guide covers the training requirements for voluntary use of disposable N95 filtering face piecemask.

I. What Is an N95 Filtering Face Piece Respirator?



N95 filtering face piece respirators are certified by the National Institute of Occupational Safety and Health (NIOSH) to have filter efficiency level of 95% or greater against particulate aerosols free of oil and greater than 0.3 microns in size. In addition, they have been approved by Cal OHSA for voluntary use by unvaccinated employees.

Examples of airborne contaminants that N95 respirators filter out include dusts, mists and microbial agents such as tuberculosis bacteria, flu virus, and COVID-19.

II. When Are N95 Respirators Recommended?

Depending on your job responsibilities, N95 respirators may be recommended as personal protective equipment when a hazardous exposure exists. Individuals may want to wear N95 for tasks such as entering isolation rooms, and other activities involving close contact with potentially infected persons. Including voluntary use for Aerosol Transmissible Diseases (ATD) like COVID-19. ATDs are defined as diseases for which droplet or airborne precautions are required.

III. Capabilities and Limitations of N95 Respirators

- 1) N95 respirators **ONLY** filter out particulate contaminants.
- 2) N95 respirators are disposable - do not save for later use.
- 3) They may be uncomfortable to wear for extended periods of time.
- 4) N95 respirators do not protect you from:
 - Chemical vapors/ gases
 - Oxygen deficient atmosphere
 - High risk exposures such as those created by aerosol-generating procedures and asbestoshandling.

IV. Effective Use of N95 Respirators

The effectiveness of N95 respirators relies on how well the respirator seals to the user's face. To ensure N95 respirators work effectively:

- 1) **ONLY** use the respirator model and size that fits your face. N95 respirator fit will vary by model and size. Improper fit will likely result in inadequate protection.
- 2) Using the respirator with beards or other facial hair may interfere with the direct contact between your face and the sealing surface of the respirator. This will reduce the effectiveness of the mask and therefore may decrease the masks effectiveness.
- 3) Conduct a seal-check **every time** you put the respirator on (before entering area of concern).
- 4) If the respirator becomes damaged, soiled or you experience problems with using the respirator (breathing becomes difficult, dizziness, irritation, etc.), remove the respirator when you are no longer exposed to the potential hazard.

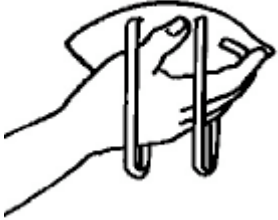



V. Storage and Maintaining

Store the masks in a cool, dry location out of the sun. Maintain the integrity of the mask by storing it in a container or clean zip lock bag. Do not fold them in half or write on the masks. Write you name on the container or zip lock bag to prevent anyone from accidently using your mask. Filtering Facepiece Respirators are considered disposable PPE. They cannot be cleaned or shared with other employees.

VI. Inspection

Prior to wearing the N95 respirator, inspect the respirator for damage and contamination. Verify all components of the respirator are in good condition (e.g. straps, nose piece, etc.). Do not use the mask if it is damaged or dirty.

VII. Wearing the Respirator & Seal-Checking Procedures

<p>1) Wash or sanitize your hands prior to handling N95 mask. Hold the respirator in one hand, with the nose piece at the fingertips and let the head straps hang loosely in front of the respirator.</p>	
<p>2) Place respirator under the chin, with the nosepiece up.</p> <p>While holding the respirator with one hand, pull the top strap over your head, resting it at the top back of your head.</p> <p>Pull the bottom strap over your head, and place it around your neck, below your ears.</p> <p>Make sure all hair is out of the way and respirator is firmly on your neck.</p>	
<p>3) Using <u>both</u> hands, mold the nose piece to the shape of your nose by pushing inward with your fingertips.</p> <p>Note that pinching the molding piece with 1 hand will likely result in less effective respirator fit.</p>	
<p>4) Seal-check: cover respirator completely w/ both hands, and exhale sharply.</p> <p>If air blows on your face or eyes, readjust the respirator according to steps 3 & 4. Do not use respirator until you pass the seal-check (no leakage).</p>	
<p>5) To remove the respirator, hold the respirator with one hand. With the other hand, pull the bottom strap over your head, and then pull the top strap off. <i>If respirator was used in a medical facility or if there is any evidence that respirator may be contaminated, dispose of it as a bio-hazardous waste. Wash or sanitize your hands after removing mask.</i></p>	

Please view the Safety and use videos for voluntary use of N95 filtering facepiece respirators listed below.

Video on how to wear, seal, and remove N95 respirator mask

<https://www.youtube.com/watch?v=i-uD8rUwG48>

Voluntary Use of Respirators

<https://www.youtube.com/watch?v=RuIXH1W2LwE>

Appendix D to Section 5144: (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 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.

NOTE Authority cited: Section 142.3, Labor Code. Reference: Section 142.3, Labor Code.

HISTORY 1. New appendix D to section 5144 filed 8-25-98; operative 11-23-98 (Register 98, No. 35).

EMPLOYEE ACKNOWLEDGMENT OF VOLUNTARY USE OF FILTERING FACEPIECE RESPIRATORS (N95) TRAINING

Employee Signature: _____ Date: _____

Department: _____