

# **N-95 Training Sheet - University of California, Davis**

## **What is an N95 Filtering Facepiece Respirator and When is it Necessary?**

N95 filtering face-piece respirators are *air-purifying* respirators certified by the National Institute of Occupational Safety and Health (NIOSH) to have filter efficiency level of 95% or greater against particulate aerosols that are free of oil. NIOSH tests these units at 0.3 microns as this is the most penetrating particle size to the deeper regions of the lungs.

Respirators, such as the N-95, provide protection from particulates when properly fitted and worn. Particulates can be found in many environments on campus. Examples of airborne contaminants that N95 respirators filter out include dusts, fumes, mists and microbial agents such as tuberculosis bacteria & flu virus. Depending on the tasks of your job on campus an N95 respirator may be required as part of your duties as personal protective equipment.

Cal/OSHA Title 8 Section 5144 is the Respiratory Protection Standard and requires that the employer have a written program including:

- Medical clearance (annual): to determine if employee is physically able to wear a respirator
- Annual fit test: to determine if the respirator fits properly on the employee's face
- Annual training: on the selection, use, storage and limitations of the respirator used

## **Selecting a Respirator:**

Employees will only wear the same make, size and model of N95 respirator that they have been successfully fitted with during the annual fit test. This model will be chosen during the fit test, depending on facial structure and size.

## **Capabilities and Limitations:**

- 1) N95 respirators ONLY filter out particulate contaminants.
- 2) N95 respirators do not offer protection from chemical vapors/gases, oxygen deficient atmosphere and asbestos or lead related work.
- 3) N95 respirators are disposable (however in certain situations can be used more than once)

## **Effective Use of N95 Respirators:**

To ensure N95 respirators work effectively:

- 1) Only use the respirator make, size and model for which you have been fit tested for. N95 respirators vary by model and size. Improper fit will likely result in inadequate protection.

- 2) Do not use the respirator with beards or other facial hair, which may interfere with the direct contact between your face and the sealing surface of the respirator.
- 3) Conduct a seal check each time putting the respirator on (cover the N95 and exhale looking for leaks)
- 4) If respirator becomes damaged, soiled or you experience problems with using the respirator (dizziness, irritation, breathing difficulty), leave the work area immediately and remove the respirator when you are no longer exposed to the potential airborne hazard. Inform your Supervisor about the issue.

#### **Further Medical Evaluation / Training / Fit Testing:**

- 1) Medical re-evaluation is required if user reports medical signs/ symptoms that are related to the ability to use a respirator, or if changes in the work place/ activities may result in a substantial increase in the physiological burden placed on the respirator user.
- 2) Fit-Testing needs to be repeated annually and whenever changes in the work place/ activities or type of respirator used affect the respirator fit: i.e. facial/ dental changes and significant changes in body weight.
- 3) Training needs to be repeated annually and whenever inadequacies in user's knowledge or use of the respirator indicate that the user has not retained the requisite understanding or skill to wear a respirator.

#### **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.)

#### **Fit test:**

During your fit test you will have an opportunity to ask questions related to the N95 respirator. Please feel free to ask any questions you have during this time, otherwise it will be assumed that you have a good understanding of the N95 respirator and the contents included within this training form.

**Signature of Trainee:** \_\_\_\_\_ **Date:** \_\_\_\_\_