

GENERAL INFORMATION

N95 filtering facepiece respirators are air-purifying respirators certified by NIOSH to have filter efficiency levels of 95% or greater. N95 respirators filter out airborne contaminants, including dust and microbial agents such as tuberculosis bacteria & flu virus. You have requested to use an N95 respirator for Voluntary Use, which means a medical evaluation, clearance, and fit testing is not necessary per Cal/OSHA. N95 respirators may be required as personal protective equipment, depending on your job responsibilities. For required use, you must obtain Medical Evaluation and clearance, Training on an annual basis, and Fit testing for proper fit annually. To ensure adequate protection for required use, do not wear a respirator model and size for which you have not been fit tested.

N95 RESPIRATOR TRAINING

How to Get an N95 Respirator?

Respirators are available through your supervisor. Available N95 for use are listed below.

<i>Make and Model</i>	<i>Infor Lawson Number</i>	<i>Priority of Use</i>
BYD DE2322	154328 from inventory	First Choice for Voluntary Use
Halyard R N95	156093 from Medline	If the BYD N95 is too small, try this.
Halyard S N95	156094 from Medline	If the BYD N95 is too large, try this.

Consequences of Improper Use or Maintenance and Limitations of a Respirator

If a respirator is misused or not maintained, it can reduce the respirator's protective ability. Particulate respirators do not provide oxygen above the level that is in the air around you – do not wear this respirator into an oxygen-deficient atmosphere. Particle respirators will not protect you from odors, chemical gases, or vapors in the air. It will only protect against inhaling particulates (bacteria and viruses). Chemicals like ammonia, chlorine, organic vapors will pass through the filter in this respirator – you will not be protected from these. Facial hair reduces the effectiveness of N95 respiratory protection, but shaving is not required for voluntary use. Review and follow instructions from the manufacturer on the respirator's use, maintenance, cleaning, care, and limitations. You must follow all procedures for the safe use of the respirator.

Inspection, Donning, Use, and Doffing

Inspect the parts of the N95 respirator before using – do not use if torn or stretched out too far to hold the respirator against the face firmly. Examine the filter fabric area – do not use it if torn or it appears to be dirty. Follow the manufacturer's instructions to correctly don the respirator and perform a positive pressure user seal check. Perform hand hygiene, remove the respirator's bottom strap over your head, and then remove the upper strap and discard it in the trash. Inspect your N95 respirator, put it on properly, and use the positive pressure fit check, or you could get injured from lack of protection. The manufacturer's instruction for use is available using the QR Code below.

BYD DE2322



Halyard

***Maintenance, Disinfection, and Storage***

Always dispose of it if it is visibly soiled or you have difficulty breathing. When you are reusing the respirator between uses, store it in a bag with your name labeled on it. Store in the anteroom or other secure place. Keep track of your respirator as not to use someone else's mistakenly. Replace your respirator if it becomes damaged, deformed, dirty, or difficult to breathe through. Store your respirator properly to protect it from damage, contamination, extreme temperatures, damaging chemicals, and crushing or deforming the facepiece.

Medical Signs and Symptoms That Limit Use

Ask your doctor before using a respirator if you have a lung or heart problem. If you start feeling unwell or too hot while wearing the respirator or if breathing through it becomes difficult, immediately leave the work area, and remove the respirator. Go to an area with cleaner air, take off the respirator, and seek medical help if you experience symptoms (i.e., difficulty breathing, dizziness, or nausea).

For questions about respiratory protection, please contact Environmental Health & Safety at 916-734-2740

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Information for Employees Using N95 Respirators When Not Required

Some employees may request to wear N95 respirators under conditions that do not require respiratory protection. UCDH reserves the right to disallow this voluntary usage. UCDH may provide respirators for voluntary use but is not obligated to do so.

Employees who voluntarily wear N95 respirators are not subject to the medical evaluation, cleaning, storage, and maintenance provisions of our written respiratory protection program.

N95 respirators are an effective method of protection against designated hazards when properly selected and worn. N95 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 an N95 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 N95 respirators for your voluntary use or provides your own respirator, you need to take certain precautions to ensure 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 N95 respirator's limitations.
2. Choose N95 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 N95 respirator into atmospheres containing contaminants that 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.

I have read the above information on the voluntary use of an N95 respirator and will contact UCDH Environmental Health and Safety (916-734-2740) if I have any questions.

Printed Name

Employee ID #

Signature

Date

Note: The employee's department is responsible for maintaining this form and other respiratory protection records and is subject for review by Cal/OSHA.