DOs

• Do implement Engineering Controls to reduce/control airborne hazard before resorting to Respiratory Protection.

• Do get a Medical Evaluation at the University Employee Occupational Health Clinic (UEOHC) prior to wearing a respirator.

• Do get quantitatively Fit Tested by EHS staff prior to using a respirator and ANNUALLY thereafter.

• Do receive annual training and be able to demonstrate why a respirator is necessary and how improper fit, usage, or maintenance can compromise respirator effectiveness.

• Do read and understand the respirator manufacturer’s instructions with respect to maintenance, cleaning and care, limitations on use, and cartridge/canister replacement schedule.

• Do understand what contaminants and hazards you may be exposed to and ensure you are wearing the proper Respiratory Protection.

• Do know the capabilities and limitations of your respirator and what to do in an emergency situation.

• Do perform a user seal check (both positive and negative pressure tests) every time you put on your respirator.

• Do inspect, clean, and sanitize respirator prior to and after each use and store in a clean, dry container/bag.

• Do use a minimum of Grade D breathing air for Supplied Air Respirators (SAR).

DON’Ts

• Don’t wear a respirator that you have NOT been Fit Tested for and approved to wear.

• Don’t wear a tight-fitting respirator if you have facial hair growth between the face-to-facepiece seal. Loose-fitting Powered Air-Purifying Respirators (PAPR) should be worn by employees with facial hair.

• Don’t use a respirator, filter, cartridge, or canister that has NOT been certified by NIOSH.

• Don’t wait until you smell a gas or vapor to change your chemical cartridge/canister.

• Don’t remove your respirator in a contaminated environment.

• Don’t use a respirator that is damaged or defective.

• Don’t attempt to repair punctured or deformed face piece.

• Don’t store a wet respirator in an air tight container. Always thoroughly dry respirator prior to storage.

• Don’t use an Air-Purifying Respirator (APR) or an airline respirator in an atmosphere that is oxygen deficient or Immediately Dangerous to Life and Health (IDLH).

• Don’t enter an unknown environment without a Self-Contained Breathing Apparatus (SCBA).

For more information concerning UNC’s Respiratory Protection Program contact the Workplace Safety Section of the Environment, Health, and Safety Office at 962-5507 or visit our website at www.ehs.unc.edu.