RESPIRATORY PROTECTION
DOs & DON’Ts

**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.