Information for Georgia Tech Employees Who Are Required to Use N-95 Respirators

- As the number of cases of the H1N1 virus (Swine Flu) continue to spread so does the number of cases on the Georgia Tech campus. The Centers for Disease Control & Prevention (CDC) is reporting that the dominant strain this upcoming flu season could very well be H1N1. In order to help reduce the transmission of the virus, CDC recommends the use of N-95 respirators.
- N-95s that have been properly fit-tested should fit snugly on one’s face and filter out small virus-containing particles (those that have been aerosolized by coughing/sneezing) that can be inhaled around the edges of the respirator or breathed in by the user.
- **Limitations of N-95s**: N-95s are only effective against particulate aerosols free of oil or vapors and should not be used under the following conditions:
  - Not for the use in atmospheres containing less that 19.5% oxygen.
  - Not for use in Immediately Dangerous to Life or Health (IDLH) or unknown atmospheres.
  - Not effective against gases or vapors (includes paint spraying and fumigation, etc.).
  - Not effective against oil-based aerosols or asbestos.
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• **General Guidelines**
  • N-95 respirators may not be “swapped” between employees.
  • ** Employees may not substitute other makes/models/sizes of respirators. Once fit-testing has been completed, the make, model, and size in which each employee was fitted is the same make, model, and size that he/she must wear if the need arises.
  • Dispose of respirators after each work shift.
  • Upon removing the N-95, clean hands with soap and water or use an alcohol-based hand sanitizer (alcohol content above 60%).

• **Requirements for Using Respiratory Protection**
  • Annual medical evaluation
  • Annual fit-testing (fit-testing may occur more frequently if there have been large changes in weight, facial scarring or dental appliances)
  • Annual respirator training
How to Perform a Particulate Respirator Seal Check

**Step 1**
- Cup the respirator in your hand with the nosepiece at your fingertips allowing the headbands to hang freely below your hand.

**Step 2**
- Position the respirator under your chin with the nosepiece up.
How to Perform a Particulate Respirator Seal Check

Step 3
- Pull the top strap over your head resting it high at the back of your head. Pull the bottom strap over your head and position it around the neck ears.

Step 4
- Place fingertips of both hands at the top of the metal nosepiece. Mold nosepiece (USING TWO FINGERS OF EACH HAND) to the shape of your nose. Using one hand may result in less effective respirator performance.

Step 5
- Cover the front of the respirator with both hands, being careful not to obstruct the position of the respirator.

Step 5a: Positive seal check
- Exhale sharply. A positive pressure inside the respirator = no leakage. If leakage, adjust the position and retighten the seal. Repeat the steps until the respirator is secured properly.

Step 5b: Negative seal check
- Inhale deeply. If no leakage, negative pressure will make respirator cling to your face. Leakage will result in loss of negative pressure in the respirator due to air entering through gaps in the respirator.
§1910.134 Appendix D

Information for employees using respirators when not required under the standard (mandatory)

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 designed 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.