Palm Beach State College
Florida’s First Public Community College

RESPIRATORY PROTECTION PROGRAM

Revised: July, 2016
1. PURPOSE

It is the policy of Palm Beach State College to provide employees with a safe and healthful work environment. The primary objective of the Respiratory Protection Program is to prevent harmful exposure to occupational air contaminants when engineering and administrative controls are not feasible or effective. The Occupational Safety and Health Standards for General Industry found in Title 29, Code of Federal Regulations, Part 1910, paragraph 134, abbreviated 29 CFR 1910.134, establish permissible practices and requirements for this program. The Safety & Risk Manager will function as the Program administrator. A copy of the current written Respiratory Protection Program will be available in the Safety & Risk Management Department and online at the Safety & Risk Management web site.

2. DEFINITIONS

Air-purifying respirator – A respirator with an air-purifying filter, cartridge or canister that removes specific air contaminants by passing ambient air through the air-purifying element.

Fit test – The use of a protocol to qualitatively or quantitatively evaluate the fit of a respirator on an individual. Qualitative fit-testing will be the preferred method of fit-testing.

Physician or other licensed health care professional (PLHCP) – means an individual whose legally permitted scope of practice (i.e., license, registration, or certification) allows him or her to independently provide, or be delegated the responsibility to provide, some or all of the health care services required by 29 CFR 1910.134(e).

Powered air-purifying respirator (PAPR) – An air-purifying respirator that uses a blower to force the ambient air through air-purifying elements to the inlet covering.

Qualitative fit test – A pass/fail fit test to assess the adequacy of respirator fit that relies on the individual's response to the test agent.

Respiratory inlet covering – That portion of a respirator that forms the protective barrier between the user's respiratory tract and an air-purifying device or breathing air source, or both. It may be a facepiece, helmet, hood, suit, or a mouthpiece respirator with nose clamp.

Tight-fitting facepiece – A respiratory inlet covering that forms a complete seal with the face.

3. RESPONSIBILITIES

- Pursuant to the requirements of 29 CFR 1910.137 (d)(1)(iii), Palm Beach State College is responsible for identifying and evaluating the respiratory hazard(s) in the workplace,
including a reasonable estimate of employee exposure to such hazard(s) and an identification the contaminant’s chemical state and physical form.

- Palm Beach State College is responsible for mitigating respiratory hazards to its employees by engineering or administrative controls. When those measures are not feasible or effective, the College is responsible for providing its employees with respirators that are appropriate for their intended use when necessary to protect their safety and health. In addition, the College shall provide appropriate training and medical evaluations to employees at no cost to them.

- The Safety & Risk Manager will be the Program Administrator responsible for establishing and implementing the Respiratory Protection Program.

- District and campus Facilities Managers and supervisors will be responsible for enforcing the program and ensuring compliance with this procedure in their respective departments.

- Employees who use respirators are responsible for their use, care and maintenance in accordance with their instructions and training and for reporting any trouble or malfunction of the respirator to their supervisors.

- Employees whose only use of respirators involves the voluntary use of filtering facepieces (particulate masks) are not included in the Respiratory Protection Program, except for the information provided in Appendix D to Section 1910.134 ("Information for Employees Using Respirators When Not Required Under the Standard"—see Attachment A).

- Employees who wish to use a tight-fitting facepiece respirator where such respirator use is not required are considered voluntary users. This includes most of the employees of Palm Beach State College. The College may provide tight-fitting facepiece respirators at the request of these employees or permit employees to use their own such respirators, if it is determined that such respirator use will not in itself create a hazard. If it is determined that any such voluntary respirator use is permissible, the employee shall be responsible for following the requirements of the Respiratory Protection program, including those for training, medical evaluation and fit-testing, and the College will provide for the medical evaluation and fit-testing of those employees. (NOTE: Although OSHA does not require fit-testing to be conducted for employees who choose to wear a tight-fitting facepiece respirator in a worksite environment where such equipment is not required, the College will nonetheless provide for the medical evaluation and fit-testing of these employees.) The information contained in Appendix D to Section 1910.134 (see Attachment A) shall be provided to voluntary respirator users during the course of such training.

4. HAZARDS REQUIRING A RESPIRATOR

Based on the hazard evaluation that the College has performed, the respiratory hazards to which employees at Palm Beach State College may be exposed at each of its campuses include the following:

- Use of products containing chemicals posing a risk of inhalation hazard during performance of cleaning or maintenance activities in areas that are poorly ventilated.

- Use of products or paints requiring or recommending the use of a respirator as per the product-specific Safety Data Sheet.

- Use of paints having a risk of inhalation hazard, e.g., oil-based paints, in poorly ventilated areas.
- Spraying of paints.
- Spray application of herbicides or pesticides if required by the product label or Safety Data Sheet.
- Conduct of maintenance activities generating copious quantities of dust, e.g., drywall sanding.

The frequency of exposure is dependent upon the frequency of operations involving the exposure scenarios noted above. The contaminant’s chemical state and physical form may be determined from specific product’s Safety Data Sheet.

5. PROCEDURES

A. Respirator Selection

Air-purifying respirators with tight-fitting facepieces and those with filtering facepieces (particulate masks) will be used exclusively by Palm Beach State College. Respirators are selected and approved for use by the Safety & Risk Manager based upon the physical and chemical properties of the air contaminants and the concentration levels likely to be encountered by the employee. Only NIOSH-approved respirators are allowed for use.

The Facilities Manager at the campus will provide a NIOSH-approved respirator immediately to each employee who is assigned to a job that requires respiratory protection. The Facilities Manager will provide replacement respirators and cartridges as required. Cartridges will be selected on the basis of the contaminants from which the employee requires protection. Attachment B shows the color-coding of the appropriate respirator cartridge for specific contaminants.

Particulate filters, whether as an element on a combination cartridge or when used as a filtering facepiece respirator, have nine classes of selection—three levels of filter efficiency (i.e., 100%, 99% or 95% particulate removal efficiency), each with three categories of resistance to filter efficiency degradation due to the presence of oil aerosols as follows:

- N for Not resistant to oil—use only in an environment that is free of oil mists.
- R for Resistant to oil—should be worn for only one shift.
- P for oil-Proof—may be used for longer than one shift.

If oil aerosols are present, use only R or P series. If no oil aerosols are present, any particulate series (N, R or P) may be used.

B. Cartridge End-of-Service-Life (ESL) Change-Out

At some point during usage of a tight-fitting facepiece respirator, the cartridge will become “used up” and will become less effective in removal of contaminants due to build-up of those contaminants in the cartridge’s filter. Temperature, humidity, air flow through the cartridge, the work rate and the presence of other potentially interfering chemicals in the workplace all can have a serious effect on the service life of an air-purifying cartridge or canister. Respirator cartridges shall be replaced prior to the occurrence of any “break-through”.
In the absence of any ESL indicator on the cartridge, the College shall implement a simplified ESL procedure using a schedule for change-out. Because most of the chemical products to which the College’s employees are exposed do not require the use of a respirator, based on the Safety Data Sheet for the product, and because most of the employees who use respirators do so on a voluntary basis, the frequency of usage is quite low, perhaps only once per year. Respirators that are infrequently used and used only for a limited amount of time (i.e., less than six times per year and less than one hour at each use) shall change cartridges at the time that the annual Respiratory Protection training and fit-testing are conducted. Cartridges for the respirators used by painters while spray painting shall be changed every three months if spray painting in the Facilities Paint Booth or at least once per year for spray painting elsewhere.

For N-Series or R-Series particulate filters, change the filter after each shift or eight hours, or when it becomes damaged, soiled or difficult to breathe through, whichever occurs first. For P-Series particulate filters, in accordance with 3M Technical Data Bulletin #137, dated December 1997, if the filter is used in environments containing only oil aerosols, change the filter after 40 hours of use or 30 days, whichever occurs first. If the filter is used in environments containing non-oil aerosols, the filter will cake and efficiency will increase. This increase in efficiency is accompanied by an increase in breathing resistance which can help signal the wearer to change the filter. Atmospheres that contain both oil and non-oil aerosols will most likely result in filter caking from the non-oil aerosol. Therefore, the P-series time use limitation reverts to change the filter when it becomes damaged, soiled or difficult to breathe through if the filter is used in environments that contain no oil aerosols, or if the filter is used in environments that contain a mixture of oil and non-oil aerosols.

C. Fit-Testing

Employees using respirators with a tight-fitting facepiece will be properly fitted and tested for a face seal prior to use of the respirator in a contaminated area, and they must pass a fit test. Fit-testing is not required for filtering facepiece respirators. Qualitative fit-testing will be the preferred method of fit-testing. The fit test will be documented using Attachment C.

Fit-testing will not be done on employees with facial hair or jewelry that passes between the respirator seal and the face or interferes with valve function. Such facial hair includes stubble, beards and long sideburns. Wearing of corrective lenses or goggles or other personal protective equipment shall not interfere with the seal of the facepiece to the face of the user.

Fit-testing will be conducted at least annually, or whenever a different respirator facepiece is used (e.g., in response to a report that the fit of the employee’s current respirator is unacceptable), or when changes in the employee’s physical condition that could affect respirator fit occur. The fit-testing protocol is described in Attachment D.

Records of fit-testing shall be maintained in the Safety & Risk Management Department and retained there for respirator users until the next fit test is administered.
D. Medical Evaluation

Employees included in the Respiratory Protection Program must participate in a medical evaluation in order to determine the employee’s ability to use a respirator, before the employee is fit tested or required to use the respirator in the workplace. After the initial medical evaluation, the College will provide additional medical evaluations when:

- An employee reports medical signs or symptoms that are related to ability to use a respirator.
- A PLHCP, supervisor, or the respirator program administrator informs the College that an employee needs to be reevaluated.
- Information from the respiratory protection program, including observations made during fit testing and program evaluation, indicates a need for employee reevaluation.
- A change occurs in workplace conditions (e.g., physical work effort, protective clothing, temperature) that may result in a substantial increase in the physiological burden placed on an employee.

The Safety & Risk Manager is responsible for retaining the PLHCP. All costs associated with medical evaluations shall be paid by the College.

The medical evaluation will be conducted using the OSHA Respirator Medical Evaluation Questionnaire (Attachment E). The medical questionnaire and any examination(s) required by the PLHCP shall be administered confidentially during the employee's normal working hours or at a time and place convenient to the employee. The medical questionnaire shall be administered in a manner that ensures that the employee understands its content. Supervisors may assist the employee in understanding the questionnaire and in completing the Request for Medical Clearance for Respirator Use (Attachment F); however, in no case shall the supervisor be privy to an employee’s confidential medical information. When an employee cannot read or understand the questionnaire, the employee will be sent directly to the PLHCP for medical evaluation.

Employees will be provided with an envelope marked “Confidential” and a security seal which the employee will affix to the envelope after the completed medical evaluation questionnaire and request for medical clearance forms are placed inside. Supervisors will sign the request for medical clearance form prior to the employee placing it in the confidential envelope. Once the envelope is sealed, supervisors or employees will hand-deliver or send the envelope through campus mail to the Safety & Risk Manager (MS#66), who will then deliver or mail the envelope to the PLHCP.

Based on the information provided by the employee in response to the questions in the medical evaluation questionnaire, the PLHCP will determine whether the employee is cleared for respirator use or requires further examination. Follow-up medical exams will be granted to employees as required and/or as deemed necessary by the PLHCP. Follow-up medical examinations may include a physical examination, pulmonary function test, consultation or any other diagnostic procedure deemed necessary by the PLHCP to make a final determination as to the employee’s suitability for wearing a respirator.
Upon review of the employee’s responses to the medical evaluation questionnaire and/or completion of follow-up medical examinations, the PLHCP will determine whether or not the employee is cleared for respirator use and will so indicate on the employee’s Request for Medical Clearance for Respirator Use (Attachment F). Employees will only be allowed to use a respirator upon written approval from the PLHCP. Employees will be provided with an opportunity to discuss the questionnaire and examination results with the PLHCP, if the employee so desires.

All examinations and questionnaires are to remain confidential between the employee and the physician. The Program Administrator will only retain the physician’s written recommendations regarding each employee’s ability to wear a respirator.

E. Use of Respirators

Respirators shall be used in routine and reasonably foreseeable emergency situations in accordance with the manufacturer’s instructions and the training provided. Respirators shall not be worn in atmospheres containing contaminants they were not designed to protect against; e.g. an air-purifying respirator designed to filter particulate matter shall not be used to protect against gases, vapors or very small solid particles of fumes or smoke.

Employees shall not use anyone else’s respirator.

Employees shall perform a seal check as per manufacturer’s instruction and their training each time they put on the respirator.

Respirators shall not be used with beards or other facial hair, jewelry, corrective lenses or goggles or any other condition that prevents direct contact between the face and the edge of the respirator or that interferes with valve function.

Workers wearing respirators are required to leave the work area under the following conditions:

- Upon malfunction of the respirator.
- Upon detection of leakage of contaminant into the respirator.
- If increased breathing resistance of the respirator is noted.
- If severe discomfort in wearing the respirator is detected.
- Upon illness of the respirator wearer, including: sensation of dizziness, nausea, weakness, breathing difficulty, coughing, sneezing, vomiting, fever or chills.
- To wash face to prevent skin irritation.
- To change cartridges or replace respirators whenever they detect the warning properties of the contaminant or increased breathing resistance.

F. Maintenance

Inspection
1. All respirators shall be inspected before and after each use.
2. Respirator inspection shall include:
   a. Check of the tightness of connections and the condition of the face piece.
   b. Check of condition of the headbands.
   c. Check of condition of the valves.
   d. Check of condition of the cartridges.
   e. Check of rubber and elastomeric parts for pliability and deterioration.

Cleaning

1. Respirators shall be cleaned after each use.
2. Cleaning procedures shall include:
   a. Remove and inspect cartridges.
   b. Carefully wipe all plastic surfaces with a cleaning pad and a disinfectant.
   c. Allow respirator to dry approximately 1-2 minutes.
   d. Inspect all parts; if defective, replace with new parts.
   e. Place respirator in plastic bag (unsealed) for storage.

Repair

During inspection and cleaning, respirators that do not pass inspection will be removed from service and will be discarded. No repairs of respirators shall be undertaken.

Storage

Respirators will be stored in a location where they are protected from sunlight, dust, heat, cold, moisture and damaging chemicals. They shall be stored in a manner to prevent deformation of the facepiece and exhalation valve.

6. TRAINING AND COMMUNICATION

Employees assigned to jobs requiring respirators will be instructed by their supervisor or the Safety & Risk Manager relative to their responsibilities in the Respiratory Protection Program prior to using the respirator. At that time, they will also be instructed in:

- The need for the respirator and how improper fit, usage or maintenance can compromise the protectiveness of the respirator.
- The limitations and capabilities of the respirator.
- How to use the respirator effectively in emergency situations, including those in which the respirator malfunctions.
- How to inspect, put on and remove, use and check the seals of the respirator.
- Maintenance and storage procedures.
- How to recognize medical signs and symptoms that may limit or prevent the effective use of respirators.
• When to replace the respirator cartridges, e.g., when breathing becomes more labored and difficult.

Retraining in the above topics will be coordinated by the Safety & Risk Manager and will be given at least annually after initial training, or when required due to changes in the workplace or type of respirator that render previous training obsolete, or when suggested by demonstrated inadequacies in the employee’s knowledge or use of the respirator or when retraining appears necessary to ensure safe respirator use. Training will be documented using the Palm Beach State College Safety Training Sign-In Sheet. Records of respirator training will be maintained in the Safety & Risk Management Department.

7. PROGRAM EVALUATION

The workplace will be evaluated as necessary by the Safety & Risk Manager to ensure that the provisions of the written Respiratory Protection Program are being effectively implemented and that it continues to be effective. Employees required to use respirators shall be regularly consulted to assess their views on program effectiveness, identify any problems and ensure that they are using the respirators properly. This consultation with employees shall occur during the annual retraining session. Factors to be assessed include, but are not limited to appropriate respirator selection, respirator fit, proper respirator use and proper respirator maintenance.

8. REFERENCES

Title 29, Code of Federal Regulations, Section 1910.134 – Respiratory Protection
ATTACHMENT A

Appendix D to Sec. 1910.134 (Mandatory) – Information for Employees Using Respirators When Not Required Under the Standard

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 particulate matter 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.
ATTACHMENT B

RESPIRATOR CARTRIDGE SELECTION

There are numerous types of cartridges available for use with the APR respirator. The American National Standards Institute (ANSI) and American Society for Testing and Materials (ASTM) have developed a color-coding system for APR cartridges. The chart below shows the color coding scheme, where the color code strip can be found, and what each color signifies with regard to use.

<table>
<thead>
<tr>
<th>Resperator Cartridge Color Coding</th>
<th>Cartridge Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHITE</td>
<td>ACID GASES</td>
</tr>
<tr>
<td>WHITE with 1/2&quot; GREEN stripe completely around canister at bottom</td>
<td>Hydrogen Chloride, Sulfur Dioxide, Hydrogen Sulfide</td>
</tr>
<tr>
<td>WHITE with 1/2&quot; yellow stripe completely around canister at bottom</td>
<td>Hydrolytic Acid Vapor</td>
</tr>
<tr>
<td>BLACK</td>
<td>ORGANIC VAPORS (OV)</td>
</tr>
<tr>
<td>YELLOW</td>
<td>ACID GAS with ORGANIC VAPORS</td>
</tr>
<tr>
<td>&quot;YELLOW with 1/2&quot; blue stripe completely around canister at bottom</td>
<td>Organic Vapors with hydrogen Chloride, or Sulfur Dioxide, or Hydrogen Sulfide, or Hydrogen Fluoride</td>
</tr>
<tr>
<td>GREEN</td>
<td>AMMONIA GAS</td>
</tr>
<tr>
<td>GREEN with 1/2&quot; white stripe completely around canister at bottom</td>
<td>Ammonia, or Ammonia and Methylamine</td>
</tr>
<tr>
<td>CHARTREUSE</td>
<td>FORMALDEHYDE</td>
</tr>
<tr>
<td>MAGENTA</td>
<td>RADIATIVE</td>
</tr>
<tr>
<td>&quot;MAGENTA PARTICULATES (Dusts, Fumes, Foge, Smoke, and in combination with any above gas or vapor)</td>
<td></td>
</tr>
<tr>
<td>BROWN</td>
<td>MULTI-GAS, or MULTI-GAS and OV, or MULTI-GAS and ACID GAS, or ALL</td>
</tr>
<tr>
<td>ORANGE</td>
<td>MERCURY VAPOR</td>
</tr>
<tr>
<td>&quot;ORANGE (Also used as a 1/2&quot; stripe color to represent gases not included in this table)</td>
<td></td>
</tr>
<tr>
<td>BLUE</td>
<td>CARBON MONOXIDE</td>
</tr>
<tr>
<td>RED with 1/2&quot; gray stripe completely around canister near top</td>
<td>All the above contaminants in one canister</td>
</tr>
</tbody>
</table>

The color code stripe is usually found centered midway between top and bottom of the side. For example, **Acid Gases** have a plain white ½” wide stripe. Some cartridges have two stripes. For example, **Pure Chlorine** (gas) has both a ½” white stripe and a ½” yellow stripe closer to the bottom of the cartridge. Manufacturers of cartridges do try to follow this coding chart. There are literally hundreds of combinations. These colors are in addition to the NIOSH CBRN label that
must also be shown, if cartridge is so certified. The table below provides additional information on respirator cartridge selection for specific contaminants.

<table>
<thead>
<tr>
<th>Contaminant</th>
<th>Color Coding on Cartridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acid gases</td>
<td>White</td>
</tr>
<tr>
<td>Hydrocyanic acid gas</td>
<td>White with ½ inch green stripe completely around the cartridge near the bottom.</td>
</tr>
<tr>
<td>Chlorine gas</td>
<td>White with ½ inch yellow stripe completely around the cartridge near the bottom.</td>
</tr>
<tr>
<td>Organic vapors</td>
<td>Black</td>
</tr>
<tr>
<td>Ammonia gas</td>
<td>Green</td>
</tr>
<tr>
<td>Acid gases and ammonia gas</td>
<td>Green with ½ inch white stripe completely around the cartridge near the bottom.</td>
</tr>
<tr>
<td>Carbon monoxide</td>
<td>Blue</td>
</tr>
<tr>
<td>Acid gases and organic vapors</td>
<td>Yellow</td>
</tr>
<tr>
<td>Hydrocyanic acid gas and chloropicrin vapor</td>
<td>Yellow with ½ inch blue stripe completely around the cartridge near the bottom.</td>
</tr>
<tr>
<td>Acid gases, organic vapors, and ammonia gases</td>
<td>Brown</td>
</tr>
<tr>
<td>Radioactive materials, except tritium and noble gases</td>
<td>Purple (magenta)</td>
</tr>
<tr>
<td>Pesticides</td>
<td>Organic vapor cartridge plus a particulate filter</td>
</tr>
<tr>
<td>Any particulates – P100</td>
<td>Purple</td>
</tr>
<tr>
<td>Any particulates – P95, P99, R95, R99, R100</td>
<td>Orange</td>
</tr>
<tr>
<td>Any particulates free of oil – N95, N99, or N100</td>
<td>Teal</td>
</tr>
</tbody>
</table>
**ATTACHMENT C**

**PALM BEACH STATE COLLEGE**

**QUALITATIVE FIT TEST RECORD***

<table>
<thead>
<tr>
<th>Name: ____________________________</th>
<th>EID#: ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department: ______________________</td>
<td>Supervisor: ______________________</td>
</tr>
<tr>
<td>Respirator Brand: __________________</td>
<td>Style: __________________________</td>
</tr>
<tr>
<td>Model: ____________________________</td>
<td>Size: ____________________________</td>
</tr>
</tbody>
</table>

Test Agent: ( ) Bitrex™ ( ) Saccharin ( ) Isoamyl Acetate ( ) Irritant Smoke

**Results (circle):**  Pass  Fail

Comments (if any): ___________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Name of Test Conductor: ______________________________________________________

Signature: ___________________________________________________________________

Date: __________________________

**Distribution:**
Original – Safety & Risk Management
Copies – Employee, Supervisor

* Fit test records shall be retained for respirator users until the next fit test is administered.
ATTACHMENT D

FIT-TESTING PROTOCOL

The Qualitative Fit Test (QLFT) uses a shroud or hood placed over the head of the test subject while they are wearing their respirator. A test agent is introduced into the hood, and the test subject engages in a series of exercises. If the test subject is able to complete the exercises while wearing the respirator without tasting the test agent, the test subject will have passed the QLFT.

The test subject may not eat, drink (except plain water) smoke or chew gum for at least 15 minutes before the test. Prior to beginning the QLFT, the test subject will don the respirator and perform a positive pressure seal check (palm of hand over exhalation valve cover and exhale gently) and a negative pressure seal check (place palms of hands over the cartridges and inhale gently). The respirator shall be worn for at least five minutes before the start of the test.

The test agent used is usually Bitrex™ (Denatonium Benzoate, which has a bitter taste) in the form of both a sensitivity solution and a fit test solution. At the start of the fit test, the test subject removes the respirator and puts the test hood on. The test subject breathes through the mouth, keeping the mouth open and tongue extended. Ten “puffs” of the sensitivity solution is introduced into the test hood using a nebulizer, and the test subject reports when a bitter taste is detected. If ten puffs of the aerosol do not elicit a response, ten more puffs are introduced. If nothing is tasted, another ten puffs are introduced. If after 30 puffs the test subject still does not experience a bitter taste, a different test agent (i.e., Saccharin (sugar/sweet taste), Isoamyl Acetate (banana taste) or Irritant Smoke) should be used. The test subject should remember the number of puffs it took to detect the taste (i.e., 10, 20 or 30).

After the sensitivity test, the test subject removes the test hood, dons the respirator, performs positive and negative pressure seal checks and replaces the test hood. During conduct of the test, the test subject should breathe through the mouth, keeping it open with tongue extended and reporting immediately if the test agent is tasted. The fit test solution is introduced into the hood using a second nebulizer and employing the same number of squeezes (puffs) it took for the test subject to detect the test agent during the sensitivity test. The test subject then engages in the following test exercises:

1. Normal breathing (one minute): In a normal standing position, without talking, breathe normally.
2. Deep breathing (one minute): In a normal standing position, breathe slowly and deeply, taking care not to hyperventilate.
3. Turning head side to side (one minute): Standing in place, turn head from side to side between the extreme positions on each side. Hold head at each extreme position momentarily and inhale.
4. Moving head up and down (one minute): Standing in place, slowly move head up and down. Inhale in the up position (i.e., when looking toward the ceiling).
5. Talking: Talk slowly and loudly enough to be heard. Read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.
The Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow.

6. Bending over (one minute): Bend over at the waist as if to touch the toes (hold on to the hood). Jogging in place may be substituted for this exercise.
7. Normal breathing (one minute): Same as exercise 1 above.

Every 30 seconds the aerosol concentration shall be replenished using one-half the number of squeezes used initially (e.g., five, 10 or 15).

The test subject shall indicate if the taste of the test agent is detected at any time during the fit test. If the test agent is detected, the fit test shall be terminated because this indicates an inadequate fit of the respirator. Wait 15 minutes and perform the sensitivity test again. Repeat the fit test in its entirety after redonning and readjusting the respirator. A second failure may indicate that a different size or model respirator is necessary. A different respirator shall be tried and the entire test procedure must be repeated, including both the sensitivity test and the fit test.

If the test subject does not report tasting the test agent, the fit test is passed.
Appendix C to Sec. 1910.134: OSHA Respirator Medical Evaluation Questionnaire (Mandatory)

To the employer:

Answers to questions in Section 1, and to question 9 in Section 2 of Part A, do not require a medical examination.

To the employee:

Your employer must allow you to answer this questionnaire during normal working hours, or at a time and place that is convenient to you. To maintain your confidentiality, your employer or supervisor must not look at or review your answers, and your employer must tell you how to deliver or send this questionnaire to the health care professional who will review it.

Part A. Section 1. (Mandatory)
The following information must be provided by every employee who has been selected to use any type of respirator (please print).

1. Today's date: ________________________________________________
2. Your name: ________________________________________________
3. Your age (to nearest year): ________________________________
4. Sex (circle one): Male/Female
5. Your height: _________ ft. _________ in.
6. Your weight: _________ lbs.
7. Your job title: ______________________________________________
8. A phone number where you can be reached by the health care professional who reviews this questionnaire (include the Area Code): __________________
9. The best time to phone you at this number: _________________
10. Has your employer told you how to contact the health care professional who will review this questionnaire (circle one): Yes/No
11. Check the type of respirator you will use (you can check more than one category):
   a. _____ N, R, or P disposable respirator (filter-mask, non-cartridge type only).
   b. _____ other type (for example, half- or full-facepiece type, powered-air purifying, supplied-air, self-contained breathing apparatus).
12. Have you worn a respirator (circle one): Yes/No
If "yes," what type(s): ____________________________

Part A. Section 2. (Mandatory)
Questions 1 through 9 below must be answered by every employee who has been selected to use any type of respirator (please circle "yes" or "no").

1. Do you currently smoke tobacco, or have you smoked tobacco in the last month: Yes/No

2. Have you ever had any of the following conditions?
   a. Seizures: Yes/No
   b. Diabetes (sugar disease): Yes/No
   c. Allergic reactions that interfere with your breathing: Yes/No
   d. Claustrophobia (fear of closed-in places): Yes/No
   e. Trouble smelling odors: Yes/No

3. Have you ever had any of the following pulmonary or lung problems?
   a. Asbestosis: Yes/No
   b. Asthma: Yes/No
   c. Chronic bronchitis: Yes/No
   d. Emphysema: Yes/No
   e. Pneumonia: Yes/No
   f. Tuberculosis: Yes/No
   g. Silicosis: Yes/No
   h. Pneumothorax (collapsed lung): Yes/No
   i. Lung cancer: Yes/No
   j. Broken ribs: Yes/No
   k. Any chest injuries or surgeries: Yes/No
   l. Any other lung problem that you've been told about: Yes/No

4. Do you currently have any of the following symptoms of pulmonary or lung illness?
   a. Shortness of breath: Yes/No
   b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline: Yes/No
   c. Shortness of breath when walking with other people at an ordinary pace on level ground: Yes/No
   d. Have to stop for breath when walking at your own pace on level ground: Yes/No
   e. Shortness of breath when washing or dressing yourself: Yes/No
   f. Shortness of breath that interferes with your job: Yes/No
   g. Coughing that produces phlegm (thick sputum): Yes/No
   h. Coughing that wakes you early in the morning: Yes/No
i. Coughing that occurs mostly when you are lying down: Yes/No
j. Coughing up blood in the last month: Yes/No
k. Wheezing: Yes/No
l. Wheezing that interferes with your job: Yes/No
m. Chest pain when you breathe deeply: Yes/No
n. Any other symptoms that you think may be related to lung problems: Yes/No

5. Have you ever had any of the following cardiovascular or heart problems?
   a. Heart attack: Yes/No
   b. Stroke: Yes/No
c. Angina: Yes/No
d. Heart failure: Yes/No
e. Swelling in your legs or feet (not caused by walking): Yes/No
f. Heart arrhythmia (heart beating irregularly): Yes/No
g. High blood pressure: Yes/No
h. Any other heart problem that you've been told about: Yes/No

6. Have you ever had any of the following cardiovascular or heart symptoms?
   a. Frequent pain or tightness in your chest: Yes/No
   b. Pain or tightness in your chest during physical activity: Yes/No
c. Pain or tightness in your chest that interferes with your job: Yes/No
d. In the past two years, have you noticed your heart skipping or missing a beat: Yes/No
e. Heartburn or indigestion that is not related to eating: Yes/No
d. Any other symptoms that you think may be related to heart or circulation problems: Yes/No

7. Do you currently take medication for any of the following problems?
   a. Breathing or lung problems: Yes/No
   b. Heart trouble: Yes/No
c. Blood pressure: Yes/No
d. Seizures: Yes/No

8. If you've used a respirator, have you ever had any of the following problems? (If you've never used a respirator, check the following space and go to question 9:)
   a. Eye irritation: Yes/No
   b. Skin allergies or rashes: Yes/No
c. Anxiety: Yes/No
d. General weakness or fatigue: Yes/No
e. Any other problem that interferes with your use of a respirator: Yes/No
9. Would you like to talk to the health care professional who will review this questionnaire about your answers to this questionnaire: Yes/No

Questions 10 to 15 below must be answered by every employee who has been selected to use either a full-facepiece respirator or a self-contained breathing apparatus (SCBA). For employees who have been selected to use other types of respirators, answering these questions is voluntary.

10. Have you ever lost vision in either eye (temporarily or permanently): Yes/No

11. Do you currently have any of the following vision problems?
   a. Wear contact lenses: Yes/No
   b. Wear glasses: Yes/No
   c. Color blind: Yes/No
   d. Any other eye or vision problem: Yes/No

12. Have you ever had an injury to your ears, including a broken ear drum: Yes/No

13. Do you currently have any of the following hearing problems?
   a. Difficulty hearing: Yes/No
   b. Wear a hearing aid: Yes/No
   c. Any other hearing or ear problem: Yes/No

14. Have you ever had a back injury: Yes/No

15. Do you currently have any of the following musculoskeletal problems?
   a. Weakness in any of your arms, hands, legs, or feet: Yes/No
   b. Back pain: Yes/No
   c. Difficulty fully moving your arms and legs: Yes/No
   d. Pain or stiffness when you lean forward or backward at the waist: Yes/No
   e. Difficulty fully moving your head up or down: Yes/No
   f. Difficulty fully moving your head side to side: Yes/No
   g. Difficulty bending at your knees: Yes/No
   h. Difficulty squatting to the ground: Yes/No
   i. Climbing a flight of stairs or a ladder carrying more than 25 lbs: Yes/No
   j. Any other muscle or skeletal problem that interferes with using a respirator: Yes/No

Part B (at discretion of the health care professional)
Any of the following questions, and other questions not listed, may be added to the questionnaire at the discretion of the health care professional who will review the questionnaire.
1. In your present job, are you working at high altitudes (over 5,000 feet) or in a place that has lower than normal amounts of oxygen: Yes/No

If "yes," do you have feelings of dizziness, shortness of breath, pounding in your chest, or other symptoms when you're working under these conditions: Yes/No

2. At work or at home, have you ever been exposed to hazardous solvents, hazardous airborne chemicals (e.g., gases, fumes, or dust), or have you come into skin contact with hazardous chemicals: Yes/No

If "yes," name the chemicals if you know them: __________________________________________________________

3. Have you ever worked with any of the materials, or under any of the conditions, listed below:
   a. Asbestos: Yes/No
   b. Silica (e.g., in sandblasting): Yes/No
   c. Tungsten/cobalt (e.g., grinding or welding this material): Yes/No
   d. Beryllium: Yes/No
   e. Aluminum: Yes/No
   f. Coal (for example, mining): Yes/No
   g. Iron: Yes/No
   h. Tin: Yes/No
   i. Dusty environments: Yes/No
   j. Any other hazardous exposures: Yes/No

If "yes," describe these exposures: __________________________________________________________

4. List any second jobs or side businesses you have: _____________________________________________

5. List your previous occupations: __________________________________________________________

6. List your current and previous hobbies: __________________________________________________

7. Have you been in the military services? Yes/No

If "yes," were you exposed to biological or chemical agents (either in training or combat): Yes/No

8. Have you ever worked on a HAZMAT team? Yes/No
9. Other than medications for breathing and lung problems, heart trouble, blood pressure, and seizures mentioned earlier in this questionnaire, are you taking any other medications for any reason (including over-the-counter medications): Yes/No

If "yes," name the medications if you know them: ______________________________________________________

10. Will you be using any of the following items with your respirator(s)?
   a. HEPA Filters: Yes/No
   b. Canisters (for example, gas masks): Yes/No
   c. Cartridges: Yes/No

11. How often are you expected to use the respirator(s) (circle "yes" or "no" for all answers that apply to you)?:
   a. Escape only (no rescue): Yes/No
   b. Emergency rescue only: Yes/No
   c. Less than 5 hours per week: Yes/No
   d. Less than 2 hours per day: Yes/No
   e. 2 to 4 hours per day: Yes/No
   f. Over 4 hours per day: Yes/No

12. During the period you are using the respirator(s), is your work effort:
   a. Light (less than 200 kcal per hour): Yes/No
   If "yes," how long does this period last during the average shift: _________ hrs. _________ mins.
   Examples of a light work effort are sitting while writing, typing, drafting, or performing light assembly work; or standing while operating a drill press (1-3 lbs.) or controlling machines.
   b. Moderate (200 to 350 kcal per hour): Yes/No
   If "yes," how long does this period last during the average shift: _________ hrs. _________ mins.
   Examples of moderate work effort are sitting while nailing or filing; driving a truck or bus in urban traffic; standing while drilling, nailing, performing assembly work, or transferring a moderate load (about 35 lbs.) at trunk level; walking on a level surface about 2 mph or down a 5-degree grade about 3 mph; or pushing a wheelbarrow with a heavy load (about 100 lbs.) on a level surface.
   c. Heavy (above 350 kcal per hour): Yes/No
   If "yes," how long does this period last during the average shift: _________ hrs. _________ mins.
   Examples of heavy work are lifting a heavy load (about 50 lbs.) from the floor to your waist or shoulder; working on a loading dock; shoveling; standing while bricklaying or chipping castings; walking up an 8-degree grade about 2 mph; climbing stairs with a heavy load (about 50 lbs.).
13. Will you be wearing protective clothing and/or equipment (other than the respirator) when you're using your respirator: Yes/No

If "yes," describe this protective clothing and/or equipment:

_____________________________________________________________________________________________________________________

14. Will you be working under hot conditions (temperature exceeding 77 deg. F): Yes/No

15. Will you be working under humid conditions: Yes/No

16. Describe the work you'll be doing while you're using your respirator(s):

_____________________________________________________________________________________________________________________

17. Describe any special or hazardous conditions you might encounter when you're using your respirator(s) (for example, confined spaces, life-threatening gases):

_____________________________________________________________________________________________________________________

18. Provide the following information, if you know it, for each toxic substance that you'll be exposed to when you're using your respirator(s):

   Name of the first toxic substance:
   Estimated maximum exposure level per shift:
   Duration of exposure per shift:
   Name of the second toxic substance:
   Estimated maximum exposure level per shift:
   Duration of exposure per shift:
   Name of the third toxic substance:
   Estimated maximum exposure level per shift:
   Duration of exposure per shift:

   The name of any other toxic substances that you'll be exposed to while using your respirator:

_____________________________________________________________________________________________________________________

19. Describe any special responsibilities you'll have while using your respirator(s) that may affect the safety and well-being of others (for example, rescue, security):

_____________________________________________________________________________________________________________________

_____________________________________________________________________________________________________________________
ATTACHMENT F
PALM BEACH STATE COLLEGE
REQUEST FOR MEDICAL CLEARANCE FOR RESPIRATOR USE

Name: _______________________
EID#: _____________________
Date of Birth: _______________

Position (Title): ____________________
Supervisor: ________________________

Department: _______________________
Campus: __________________________

Work Phone: _______________________

Check Type(s) of Respirator(s) to be used:

____ N, R, or P disposable respirator (filter-mask, non-cartridge type only)
____ Half-mask air purifying respirator (non-powered)  ____ Full-facepiece air purifying respirator (non-powered)
____ Other respirator, specify type: ________________________________

Check Level of Work Effort While Wearing Respirator:

_____ Light  _____ Medium  _____ Heavy

Check Extent of Respirator Use:

_____ Daily  _____ Occasionally, but more than once a week  _____ Rarely or for emergency use only

Typical Length of Respirator Use in Hours/Minutes: ________ /________

Special work considerations (i.e., high places, temperature, humidity, hazardous materials, protective clothing, etc.):

__________________________________________________________________________________________________

__________________________________________________________________________________________________

Supervisor’s Signature __________________________ Date ____________________

Physician’s / Licensed Healthcare Professional’s Statement

____ Follow-up medical examination(s) required:

_____ Medical Exam  ____ Chest X-Ray  ____ Pulmonary Function Test

_____ Other, specify: ________________________________

____ Follow-up medical examination(s) are not required, the employee may:

_____ Use respirator(s) without restrictions

_____ Use respirator(s) with restrictions (see below)

_____ Not use respirator(s)

Restrictions:

__________________________________________________________________________________________________

Signature of Physician / Other Licensed Healthcare Professional __________________________ Date ____________________

Return completed form to Palm Beach State College, Safety & Risk Management