Voluntary Respirator Use Form

Supervisors: Please provide this form to each employee using respirators voluntarily, place a copy in employee’s training file.

Employee: Sign and date here after reading this form:__________________

Respirators, when properly selected and worn, effectively reduce breathing exposure to certain airborne hazards. Respirator use is encouraged even when exposures are below occupational exposure limits to provide an additional level of comfort and protection for workers. However, if a respirator is dirty or is used improperly, the respirator itself can become a hazard to the worker. Voluntary use at UA is limited to particulate respirators, also called filtering face pieces such as N95, R95 and P95.

If your department provides respirators for your voluntary use or if you bring your own respirator to work, take these steps so the respirator itself does not present a hazard:

1. First take steps to reduce the airborne hazards (dust containment, dust suppression)

2. Read and follow all instructions provided by the respirator manufacturer on use, seals checks, maintenance, cleaning, care and warnings about the respirator’s limitations.

3. Choose respirators certified by NIOSH (National Institute for Occupational Safety and Health). Look for the NIOSH label on the respirator or respirator packaging to learn what the respirator is designed for and how much it will protect you. Please visit these sites:

   NIOSH N95 respirator info  
   https://www.osha.gov/SLTC/respiratoryprotection/training_vide.png  
   OSHA’s Respirator e-tool  
   https://www.osha.gov/SLTC/respiratoryprotection/training_videos.html#video  
   Contact UA Risk Management for respirator questions (520) 621-1790

Do not wear your respirator into areas with harmful airborne contaminants that your respirator is not designed for or in low oxygen environments. Particulate respirators like N95s do not protect you from chemical vapors, toxic gases or reduced oxygen levels less than 19.5%. In Tucson, air normally contains 20.9% oxygen. Low oxygen levels occur during fires, in confined spaces, from combustion engine use indoors and when oxygen is displaced by other gases such as nitrogen or carbon dioxide releases from dewars, tanks, cylinders or dry ice use in small spaces.

Store and label your N95 respirator so that you do not mistakenly use someone else’s respirator.