



Putting on your respirator

When fitting a new respirator, try on several brands and sizes. Different brands will fit slightly differently on your face. Respirator manufacturers usually have small, medium, and large facepieces available. Adjust the straps so that the respirator fits tightly but does not dig into your face or leave red marks on your skin. The respirator should feel snug but comfortable. Straps should be placed under a hard hat or hood.

Procedure for putting on a filtering facepiece respirator

Position the straps correctly—one above the ears and over the crown of the head, and the other below the ears and around the neck. If the respirator has adjustable straps, you can tighten or loosen them without removing the respirator. If there is a metal nosepiece, mould it around your nose to obtain a proper seal.



Take the time to form a proper grip over the nose.

Procedure for putting on an elastomeric half-facepiece respirator

The respirator should fit tightly, but it should not be uncomfortable or leave red marks on your face.



1. Position head harness



2. Grip straps and tighten



3. Fasten buckle



4. Adjust fit

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
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15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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