

Use of Dust Mask Respiratory Protective Equipment - Key Considerations:

Work planning should always aim to reduce exposure to ballast dust to as low as reasonably practicable. Should the work risk assessment still identify roles that require further protection from ballast dust, the use of Respirable Protective Equipment (RPE) will be identified, to reduce the levels of dust exposure to staff on worksites.

Where the expected levels of exposure to dust for staff on worksites is minimal or below the 50% Workforce Exposure Level (WEL) for Total Inhalable, Respirable and Respirable Crystalline Silica dusts, a dust mask can be used to protect individuals from dust exposure.

Please brief identified staff (from work risk assessment) with the following information:

General Instructions on how to put on a Disposable Dusk Mask

- A nose clip is located in the top panel. Gently bend it at the centre. Hold the mask in your hand and pull out the bottom panel to form a cup.
- Turn mask over so you can grasp the elastic straps.
- Cup the mask under your chin. Ensure the **two** straps are separated and pull the straps over your head.
- Locate the lower strap below the ears and the upper strap across the crown of your head. Adjust top and bottom panels of the mask for a comfortable fit.
- Using both hands, mould the nose clip to the shape of the lower part of your nose. DO NOT pinch the nosepiece using only one hand as this may result in a less effective seal.
- **Check it Fits (Masks with valves)**
- Cover the front of the respirator with both hands, being careful not to disturb its position on your face.
- Breathe IN sharply. A Negative pressure (like it is sticking to your face) should be felt inside the mask. If air leaks around the nose, readjust the nose clip. If air leaks at the sides adjust the straps back along the sides of your head. Repeat this until the mask fits properly.
- **Check it Fits (Masks without valves)**
- Cover the front of the respirator with both hands, being careful not to disturb its position on your face.
- Breathe OUT sharply. A Positive pressure (like blowing up a balloon) should be felt inside the mask. If not, adjust as above.

⊗ What if I Have a Beard or other Facial Hair?

If you can't get the mask to fit, you **must not** enter the area where dust is present. Report it as a close call.

Remember: Only YOU can really tell if your mask fits – **Sort it – Report it!**

Please see diagrams below for a demonstration of fitting P3 dust masks:



