



# Full-face Respirator Instruction Sheet

## Full-face Respirator Basic Information

Full-face respirators are air-purifying respirators that have the potential to provide protection from many types of dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors. In order to gain this protection, it is important that you have the proper setup. A full-face respirator includes a facepiece that covers your entire face, and a filter/cartridge. Cartridges are selected to filter out specific particulate or chemical substances.

## Respiratory Protection Program Requirements

The Ohio State University's Respiratory Protection Program requires that employees must complete the following steps prior to wearing a respirator:

1. **Medical clearance:** to determine if employee is physically able to wear a respirator, conducted by University Health Services
2. **Annual fit test:** to determine if the respirator fits properly on the user's face, conducted by EHS.
3. **Annual training:** on the selection, use, storage, and limitations of the respirator used

## Selecting a Respirator

Employees will only wear the same make, size, and model of respirator that they have been successfully fitted with during the annual fit test. This model will be chosen during the fit test, depending on comfort, facial structure, and size. Returning employees will continue wearing the same respirator as previous years and will be fit tested using this equipment, unless the respirator has been compromised or will not fit properly any longer.

Cartridge selection will also be determined based on the employee's specific protection needs. Typically, cartridges should be changed out when you feel a higher resistance in breathing or after approximately 8 hours of use.

## Capabilities and Limitations

- Cannot be used for all types of air contaminants
- Limited by the type and capacity of the filters or cartridges used
- Users who wear eyeglasses will need a special adapter
- Cannot be used in oxygen-deficient atmospheres
- Proper fit is essential and many factors may effect the seal to a user's face
- Heavier than half-face respirators and may be less comfortable to wear

## Inspection

Prior to wearing the respirator, inspect the unit for cracks, dents, deformations, heavy usage or loss of elasticity on the straps, old or brittle exhalation/inhalation valves, or any area that looks to be compromised. If there is a problem with the respirator, do not attempt to fix it; bring it to your supervisor to be repaired or replaced.

## Storage and Cleaning

The respirator needs to be stored in a plastic bag, out of sunlight, and kept from temperature extremes. Also, this equipment should be maintained under your control, so that no one else uses or takes it. Lastly, the unit should be stored in a way that other objects will not crush or deform it.

The respirator needs to be cleaned as often as necessary in order to be maintained in a sanitary condition. The most common way to clean it is by using either a warm, mild soapy solution, or alcohol wipes. Clean the inside of the mask first and work your way to the outside of the mask in order to minimize contaminating the inside of your respirator.

## How to Wear the Respirator



**1**  
Fully loosen all head straps.  
Pull hair back with one hand. Bring facepiece up to face with other hand.



**2**  
While holding facepiece in place, pull the straps over your head.



**3**  
Tighten the bottom straps.



**4**  
Tighten the top straps.

### Positive Pressure User Seal Check



Place the palm of your hand over the exhalation valve cover and *exhale* gently. The facepiece should bulge slightly. If air leaks between the face and the facesal, reposition it and adjust the straps for a more secure seal.

### Negative Pressure User Seal Check



Place the palms of your hands over the cartridges or filters and *inhale* gently. The facepiece should collapse slightly. If air leaks between the face and the facesal, reposition it and adjust the straps for a more secure seal.

## Further Questions

If you have any further questions relating to the respirator, please contact EHS during your annual fit test or at your convenience.