



Appendix A: Voluntary Respirator Use

PLU does not currently support a respiratory protection program; however, some workers may find the voluntary use of respirators helpful in filtering nuisance contaminants. Respirators protect against airborne hazards when properly selected and used. This form is intended to be used by employees who decide to wear a respirator voluntarily. The Washington Dept. of Safety & Health (DOSH) recommends voluntary use of respirators when exposure to substances is below DOSH permissible exposure limits (PELs) because respirators can provide you an additional level of comfort and protection. **N95 masks are considered respirators.**

If you choose to voluntarily use a respirator (whether it is provided by you or PLU) be aware that respirators can create hazards for you, the user. You can avoid these hazards if you know how to use your respirator properly AND how to keep it clean.

To ensure you are using it safely, take these steps:

- Read and follow all instructions provided by the manufacturer about use, maintenance (cleaning and care), and warnings regarding the respirator's limitations.
- Choose respirators that have been certified for use to protect against the substance of concern. The National Institute for Occupational Safety and Health (NIOSH) certifies respirators. If a respirator is not certified by NIOSH, you have no guarantee that it meets minimum design and performance standards for workplace use. A "NIOSH approval" label will appear on or in the respirator packaging. It will tell you what protection the respirator provides.
- Keep track of your respirator so you do not mistakenly use someone else's.
- DO NOT wear your respirator into:
 - ✓ Required use situations when you are only allowed voluntary use.
 - ✓ Atmospheres containing hazards that your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against solvent vapor or oxygen deficiency.

I certify that I have read the information provided above and may decide to voluntarily use respiratory protection in the performance of certain job tasks. I will follow the safety precautions listed above as well as the manufacturer instructions for the safe use of the respirator, if I should choose to wear one.

Signature: _____

Print Name: _____ Date: _____

Please turn this form in to the PLU Environmental Health & Safety Manager