



Respiratory Protection Guide

OSHA Information COVID-19

OSHA Respiratory Protection Standard

OSHA'S Respiratory Protection Standard [29 CFR 1910.134\(c\)\(4\)](#) also requires employers to provide [respirator training](#), [medical evaluations](#), [fit testing](#), [written program](#), and [recordkeeping](#), at no cost to the employee.

The standard calls for the employer to provide **EFFECTIVE** training and also states the employer shall ensure that each employee can **DEMONSTRATE** knowledge. Online or video training may be appropriate for delivery of information, but there also has to be a method to ensure effectiveness and employees ability to demonstrate knowledge after training.

Training References:

- 1910.134(k)
 - Training and information. This paragraph requires the employer to provide effective training to employees who are required to use respirators. The training must be comprehensive, understandable, and recur annually, and more often if necessary. This paragraph also requires the employer to provide the basic information on respirators in Appendix D of this section to employees who wear respirators when not required by this section or by the employer to do so.
- 1910.134(k)(1)
 - The employer shall ensure that each employee can demonstrate knowledge of at least the following:
- 1910.134(k)(1)(i)
 - Why the respirator is necessary and how improper fit, usage, or maintenance can compromise the protective effect of the respirator;
- 1910.134(k)(1)(ii)
 - What the limitations and capabilities of the respirator are;
- 1910.134(k)(1)(iii)
 - How to use the respirator effectively in emergency situations, including situations which the respirator malfunctions;
- 1910.134(k)(1)(iv)
 - How to inspect, put on and remove, use, and check the seals of the respirator;
- 1910.134(k)(1)(v)
 - What the procedures are for maintenance and storage of the respirator;
- 1910.134(k)(1)(vi)
 - How to recognize medical signs and symptoms that may limit or prevent the effective use of respirators; and

- 1910.134(k)(1)(vii)
 - The general requirements of this section
- 1910.134(k)(2)
 - The training shall be conducted in a manner that is understandable to the employee.
- 1910.134(k)(3)
 - The employer shall provide the training prior to requiring the employee to use a respirator in the work place.
- 1910.134(k)(4)
 - An employer who is able to demonstrate that a new employee has received training within the last 12 months that addresses the elements specified in paragraph (k)(1)(i) through (vii) is not required to repeat such training provided that, as required by paragraph (k)(1), the employee can demonstrate knowledge of those element(s). Previous training not repeated initially by the employer must be provided no later than 12 months from the date of the previous training.
- 1910.134(k)(5)
 - Retraining shall be administered annually, and when the following situations occur;
 - 1910.134(k)(5)(i)
 - Changes in the workplace or the type or the type of respirator render previous training obsolete;
 - 1910.134(k)(5)(ii)
 - Inadequacies in the employee's knowledge or use of the respirator indicate that the employee has not retained the requisite understanding or skill; or
 - 1910.134(k)(5)(iii)
 - Any other situation arises in which retraining appears necessary to ensure safe respirator use.

OSHA Respiratory Protection Standard: Necessary Appendices

1910.134 App A – Fit Testing Procedures (Mandatory).

1910.134 App B -1 – User Seal Check Procedures (Mandatory).

1910.134 App B-2 – Respiratory Cleaning Procedures (Mandatory).

1910.134 App C – OSHA Respirator Medical Evaluation Questionnaire (Mandatory).

1910.134 App D – (Mandatory) Information for Employees Using Respirators When Not Required Under Standard.

Instructional Videos

OSHA Video: Respiratory Protection Fit Testing

https://www.osha.gov/video/respiratory_protection/fittesting.html

(No requirement for tester to be certified)

3M Fit Test Kit Instructional Video

<https://multimedia.3m.com/mws/media/992396O/3m-fit-test-kit-training-video.mp4>

Training has to result in the employee being educated, fit tested, and demonstrating competency

Helpful Resources

Quick Finds: Appendices in Sample Respiratory Protection Program

Click here for the [Sample Program](#)

[Appendix A](#): Fit Test Procedure

[Appendix B](#): Recommendations on Preparing for Pandemic Influenza

[Appendix C](#): Medical Evaluation Questionnaire

[Appendix D](#): Request for Medical Evaluation (Patient Care Staff)

[Appendix E](#): Request for Medical Evaluation (Housekeeping Staff)

[Appendix F](#): Fit Test Record

[Appendix G](#): Related OSHA Guidance for Pandemic Influenza

[Appendix H](#): References

OSHA Hospital Respiratory Protection Program Toolkit

Click here for the [Toolkit](#)

[Appendix D](#): Respiratory Protection Program Policy / Procedure Template

Fit Test Kits

Grainger | Respirator Fit Testing Kit

<https://www.grainger.com/search?searchBar=true&searchQuery=respirator+test+kit>

McMASTER-CARR | Respirator Fit Test Kits

<https://www.mcmaster.com/respirator-fit-test-kits/>

Northern Safety and Industrial | Fit Test Equipment

<https://www.northersafety.com/Search?q=respirator+fit+test+kit>

Advanced Safety & Industrial Supply | 3M Training & Fit Testing Case Kit

<https://advancedsafetysupply.com/training-and-fit-testing-case-kit>

Northern Safety and Industrial | 3M™ Premium Respirator Fit Test & Training Kit

<https://www.northersafety.com/Product/2207/3M-Premium-Respirator-Fit-Test-Training-Kit>

3M | Qualitative Fit Test Apparatus FT-30, Bitter 1, EA/Case

https://www.3m.com/3M/en_US/company-us/all-3m-products/~3M-Qualitative-Fit-Test-Apparatus-FT-30-Bitter-1-EA-Case/?N=5002385+3294795973&preselect=8717419+8740261&rt=rud

3M | Qualitative Fit Test Apparatus FT-10, Sweet 1, EA/Case

https://www.3m.com/3M/en_US/company-us/all-3m-products/~3M-Qualitative-Fit-Test-Apparatus-FT-10-Sweet-1EA-Case/?N=5002385+8717419+8740261+3294796064&rt=rud