

Appendix C : Tight Fitting Respirator Training Checklist

_____ Review selection process of respirator

_____ Inspection of respirators

Valves Rubber/neoprene Straps & fasteners

Cleanliness

Filter assembly

Filter changes and expiration dates

Proper storage of respirators

_____ Discard faulty respirators or replace defective parts

_____ Issue new respirators to those that need one

_____ Review straps and adjustment capabilities

_____ Discuss comfort concerns

_____ Review filter capabilities

_____ Review change-out schedule or end of service life indicators

_____ Don Respirator

_____ Perform User seal check procedures

_____ Review need to do this check every time respirator is worn

_____ Make adjustments if necessary

_____ Fit test using isoamyl acetate or stannic chloride while standing and:

- Breathing normally
- Breathing deeply
- Turning head from side to side
- Move head up and down – inhale in up position
- Talking - read Rainbow passage, count backward from 100, or recite something
- Bending over or jogging in place
- Breathing normally

(Each test exercise shall be performed for one minute)

_____ Fill out paperwork

_____ Question and answer period

_____ File forms in employee's folder

Print name of trainee: _____

Signature of trainee: _____ Date: _____

Print name of trainer: _____

Signature of trainer: _____ Date: _____