



Using Respirators Safely

Instructor Note: Before delivering this talk, please review your company's Respiratory Protection Program to ensure alignment with current procedures and equipment.

Why This Matters

At HSE4U, your health and safety are our top priorities. In some work environments, the air may contain harmful substances like fumes, gases, vapors, mists, or dust. To protect your lungs and overall health, we use respirators as part of our safety strategy.

Key Points to Remember

When Respirators Are Required:

Respirators must be worn when you're working in areas where airborne hazards are present.

If you're using a filtering facepiece respirator (like an N95) voluntarily and no other respirators are required, a full respiratory program may not be necessary — but safety guidance still applies.

Fit Testing & Training:

You must be fit tested before using a respirator for the first time.

Fit testing is repeated at least once a year to ensure a proper seal and fit.

You'll receive training on how to wear, adjust, and care for your respirator before your first use.

Care and Maintenance:

Always inspect your respirator before each use for damage or wear.

Store it in a clean, dry place, away from dust and contaminants.

Never hang it on a nail or leave it exposed on a workbench.

Keep it covered and sanitary when not in use.

What We Expect from You

As part of our team, you are responsible for:

Checking your respirator before every use.

Knowing how to properly put it on and adjust it.

Performing a positive or negative pressure check each time you wear it.

Reporting any issues or discomfort to your supervisor immediately.

Keeping your respirator clean and stored correctly.

Let's Talk

Have you ever had trouble with a respirator fit?

Do you know where to go if your respirator needs replacing?

Are there any tasks where you're unsure if a respirator is needed?

Final Reminder

Respirators are more than just equipment — they're a line of defense for your lungs and long-term health. Let's use them correctly and consistently.