OCCUPATIONAL SAFETY · RESPIRATORY PROTECTION

VITS

Respirator fit

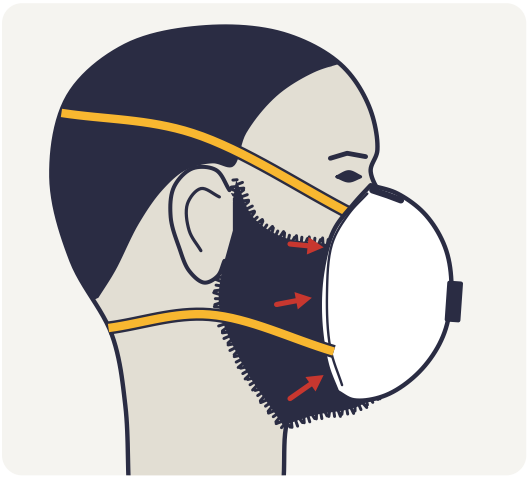
The wrong respirator won't protect you. **A worker stripping a bathtub coating died after inhaling solvent vapours. A disposable dust mask gave no protection against vapours.**

Possible consequences

- Respiratory irritation
- Dizziness
- Poisoning
- Permanent ill health
- Time off work

BEARD UNDER MASK EDGE

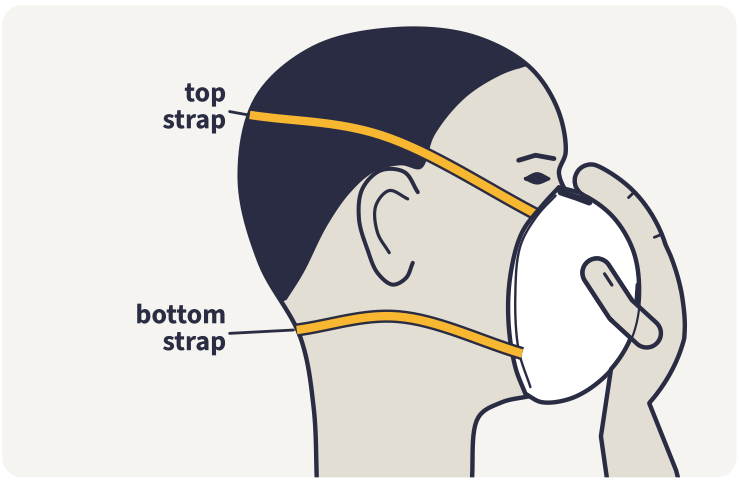
Leaks



- Mask edge sits on the beard
- Air gets in through the beard
- Air bypasses the filter

CLEAN-SHAVEN, SEAL CHECK

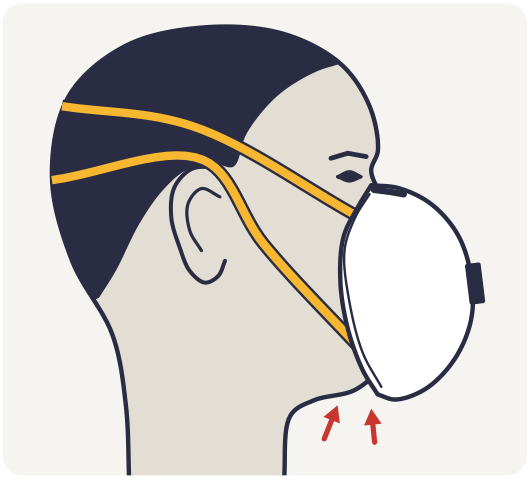
Tight seal



- Mask edge is on bare skin
- Top strap behind head, bottom on neck
- Mask pulls in slightly when breathing in

STRAPS WRONG

Edge lifts



- Bottom strap is above the ears
- Mask not sealed at the chin
- Air gets in under the chin

The employer must ensure that personal protective equipment is used according to the manufacturer's instructions from the start to the end of hazardous work, and must monitor its use.

DO

- **Choose mask and filter for dust, gas or vapour.**
- **Fit top strap behind head, bottom strap on neck.**
- **Press the nose clip with both hands.**
- **Cup hands over the mask, inhale: it pulls in.**
- **Wear the respirator throughout hazardous work.**
- **Breathing trouble, odour, dizziness: leave at once.**
- **Change filter or mask only in clean air.**
- **Replace a disposable mask at least every shift.**

DON'T

- **Don't wear a respirator with a beard**
  A beard stops the mask sealing to the skin.
- **Don't use a dust mask against gases and vapours**
  A dust filter does not trap gases or vapours.
- **Don't enter a contaminated area if the mask leaks**
  Then it won't protect you.
- **Don't use masks with stretched straps**
  A stretched strap can't hold the mask tight.
- **Don't use a respirator in oxygen-deficient air**
  A filter cleans the air but adds no oxygen.
- **Don't share your respirator**
  A shared mask can cause health and hygiene problems.
- **Don't alter the mask or filter**
  An altered respirator may no longer protect you.

REMEMBER

Clean-shaven. Right straps. Check each time.

vits.ee